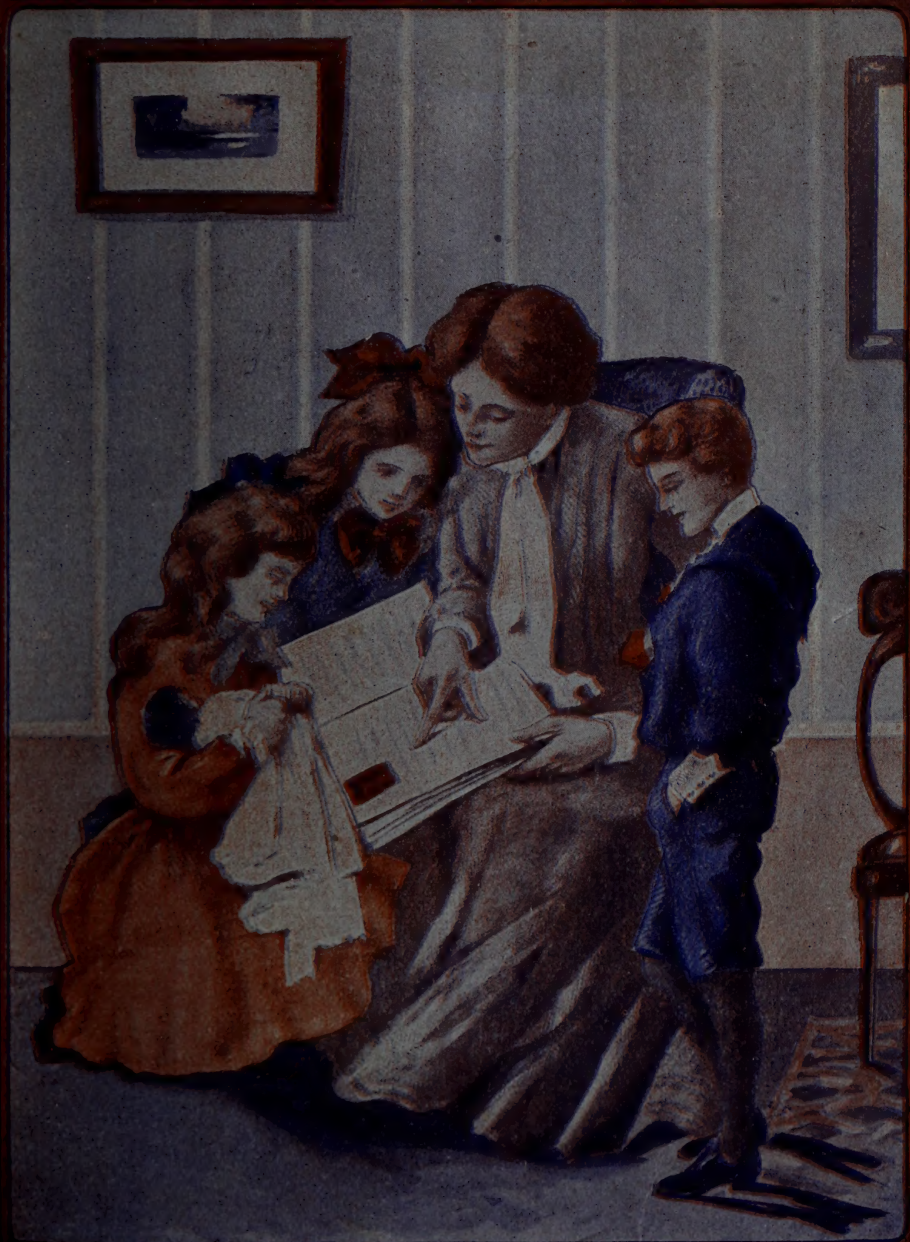


HOUSEHOLD HINTS AND HELPS.



F502-1910-H842

*Not love, nor honor, wealth, nor power,
Can give the heart a cheerful hour,
When health is lost. Be timely wise:
With health all taste of pleasure flies.*

—Gay's Fables.

This book is a guide to health and the way which it points out has been tried by thousands who owe their present happiness to it. The proof is to be found in the following pages and the object in publishing it is to enable you, if you are not quite well, to ascertain whether Dr. Williams' Pink Pills have cured cases similar to your own.

What Dr. Williams' Pink Pills Are.

Dr. Williams' Pink Pills are a doctor's prescription, not a patent medicine. The prescription was used by the doctor in his private practice and was found to have such a wide field of usefulness that the remedy was given to the world by being placed on sale with complete directions for use, written by the doctor himself. For the protection of the public and to enable purchasers to be certain that they are buying the genuine, each box bears the registered trade-mark as shown in colors on the last cover page of this book.

A Strengthening Medicine.

Dr. Williams' Pink Pills are a strengthening medicine. They build up the blood, strengthen the nerves and give energy and vitality to weak, exhausted, discouraged men and women. They are guaranteed to be free from injurious or habit-forming drugs and they are harmless to the most delicate constitution.

Dr. Williams' Pink Pills are a world wide remedy. No medicine ever compounded by man has been distributed over so great a territory. The reason for this is that the pills have a merit beyond ordinary medicines. Their curative virtues are constantly spread abroad by those whom they have cured and their cures now encircle the globe.

If you have any difficulty in obtaining Dr. Williams' Pink Pills in your locality send 50 cents for one box, \$2.50 for six boxes to the

DR. WILLIAMS MEDICINE CO.,

Brockville, Ont.

Reliable Home Medicines

How Prepared Household Remedies May Be Intelligently Employed
and Proof of What One of Them Has Accomplished.

There are some who will not employ a doctor under any circumstances and others who argue that we should not so much as take a simple tonic or cough mixture without calling on a medical practitioner to prescribe it.

As usual the truth lies between the two extremes and common sense is all that is required to find it. Safe family remedies, tried by time and proved valuable by experience, will always have their place in the household and there are constantly occurring instances in which they may be properly and intelligently used. A good tonic, safe for use without a doctor's prescription, with complete directions for taking, of demonstrated worth, such as Dr. Williams' Pink Pills, will save many calls on the busy doctor's time and will save money, time and suffering to the patient.

PREVENTION AND CURE.

There are few cases of general debility that could not have been prevented. There is no hidden cause for its presence nor is it sudden in its attack. Any person, who is over-worked, or subject to any great worry or excitement, or undergoes some long-continued strain on the body, is liable to become debilitated unless the blood is kept pure and rich. Such unusual conditions call for more nourishment than the blood can supply and paleness, headaches, poor appetite, unrefreshing sleep, backaches, loss of spirits and a general tired-out feeling, which follow, are simply a call for a blood tonic and builder.

The value of Dr. Williams' Pink Pills in general debility lies in their direct response to the needs of the blood. Their work is to make new blood. That they do this well is shown by the gradual disappearance of the symptoms and the return of color and health. They lay the foundation for permanent health in the future.

Dr. Williams' Pink Pills for Pale People not only cure the simple ailments of life, but they have also cured thousands of cases where doctors and hospital treatment had failed. They do this because they fill the veins with that rich, red blood so necessary to health and strength.

It has been proved that if Dr. Williams' Pink Pills are given a fair trial they will cure the following diseases:—

Poor and Watery Blood,	Depression of Spirits,	Nervous Fits,
Anaemia,	Insomnia or Loss of Sleep,	St. Vitus' Dance
Chlorosis or Green Sickness.	General Muscular Weakness,	Scrofula,
Dizziness,	Shortness of Breath,	All Female Weakness,
Palpitation of the Heart,	Spinal Troubles,	Tardy or Irregular Periods,
Nervous Headache,	Partial Paralysis,	Leucorrhoea,
Loss of Appetite,	Locomotor Ataxia,	Suppression of the Menses,
Indigestion and Dyspepsia,	Rheumatism,	Loss of Vital Forces,
After Effects of La Grippe,	Sciatica,	Loss of Memory,
Eruptions and Pimples,	Neuralgia,	Ringing in the Ears,
Swelling of Hands or Feet,	Chronic Erysipelas,	Hysteria, etc.
General Debility,	Catarrh of the Stomach,	

These pills are unrivalled for their action in invigorating the Blood of the System when broken down by overwork, worry, disease, excesses and indiscretions in living.

Household Hints and Helps.

Acidity of Stomach—Carbonate of soda is a good cure, but the diet should also be regulated and sweets, acids and excess of potatoes avoided. Take a course of Dr. Williams' Pink Pills. If constipated use some good laxative.

Anaemia—Prevent all unnecessary waste of vitality. Get fresh air, nutritious food, establish regular habits and take Dr. Williams' Pink Pills after every meal. Treat also with friction, rubbing body briskly with warm dry hand.

Antidote—Mix some salt in a glass of warm water and swallow quickly. This will immediately induce vomiting. The white of a couple of eggs should then be swallowed, followed by some strong coffee.

Ants in Cupboards—Take an old sponge, slightly wet it and sprinkle sugar on it. This should then be placed in the cupboard, when the ants will crawl into the sponge. Afterwards drop the sponge into boiling water.

Asthma—In a violent attack coming on suddenly sometimes a whiff from a pipe will act like a charm. In some cases if the attack is caused by an injudicious meal it is best to empty the stomach by an emetic. Constitutional treatment—Dr. Williams' Pink Pills for Pale People.

Bad Smells—(To remove) A deodoriser can be made with permanganate of potash placed in a jar where the smell is offensive. Put half an ounce into a pint of water. Celery or parsley leaves rubbed on the hands after cutting onions will remove smell.

Baldness—To avoid premature baldness avoid tight hats, never work with head near heat or gaslight.

Bandages—Should be applied equally so that the pressure will be the same on all parts. If fastened with a pin take care that the pin does not touch the wound; always bandage a limb upwards; for example from the hand up to the arm pit.

Bedrooms—Don't burn gas, even turned low, during the night. Don't let offensive matters remain in the room; if unavoidable ring out towel in cold water and use as cover. Coffee beans burned are a good deodoriser.

Bedsore—Before the skin is broken it is a good plan to rub the part night and morning with strong spirit, such as brandy, but when once the skin is broken Baby's Own Powder may be used with much relief to the patient.

OVERTAXED NERVES A DISTRESS SIGNAL

The Trouble Can Only be Cured by
Enriching the Blood Supply.

When your nervous system is exhausted the trouble makes itself evident in many ways. You feel always fatigued and unfit for work. Severe headaches distract you; your back is weak; you sleep badly; your appetite is uncertain; you are nervous and irritable and after any exercise you tremble and perspire excessively. If the trouble is not checked your case goes from bad to worse, until you feel that your condition is hopeless and that insanity is threatened.

Your nerves are calling for help. They are starved because they demand from the blood more nourishment than it can supply. New rich blood is the secret of nerve strength and Dr. Williams' Pink Pills for Pale People cure nervous disorders because they feed the weak, exhausted nerves with rich, red blood. The case of Mrs. Emma Hall of Hamilton, Ont., furnishes proof that Dr. Williams' Pink Pills will cure even the most stubborn cases of nerve exhaustion. Mrs. Hall was left a widow and was forced to work in a mill to maintain herself and her two little children. She bravely faced the battle of life, though she had never had to conform to such conditions before. Notwithstanding the splendid spirit she displayed the work played havoc with a delicate constitution, and some years ago Mrs. Hall noticed signs in herself of a nervous collapse. She consulted a doctor who gave her some medicine and told her she "would be all right in a few days." But relief did not come and it was finally a daily occurrence for her to faint at her work. These fainting spells quickly developed into pronounced hysteria, and chronic irritability, and Mrs. Hall says that death would have been a relief. She consulted several doctors but got no help, and she felt that she was almost bordering on insanity. In this condition she was advised to try Dr. Williams' Pink Pills. Grasping at even the possibility of help she decided to do so. After taking three boxes she actually found some improvement, and from that time on this improvement was steady and increasing daily until after a few months she felt the cure was complete. She says:—"Dr. Williams' Pink Pills have done what doctors failed to do and what I myself thought was impossible. They freed me from the terrible trouble I suffered and my old joy in life has been renewed." When Mrs. Hall began taking Dr. Williams' Pink Pills she weighed only one hundred pounds under her renewed health her weight has increased to one hundred and thirty pounds.

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Bee Stings—As soon as stung get the blue bag and rub it well into the wound. The application of ammonia will immediately relieve the pain or an onion cut in half and rubbed in well will serve as well.

Bilious Complaints—To expel the bile downward a laxative pill is allowable. This may be followed by an effervescent drink. In the meantime a little care should be directed towards the diet. But the only permanent cure is to improve the digestion. Dr. Williams' Pink Pills will permanently cure bile.

Black Dye—To five pints of water add half a pound of bruised gall, quarter of a pound of green vitrol and one pound of logwood.

Blacken Brown Boots, to—Cut a potato and rub boots thoroughly with it. When dry blacken in the usual way. Repeat process several times.

Black Felt Hats—May be effectually cleaned and the dirt removed by rubbing well with benzine. Afterwards hang up in fresh air to remove the smell. Benzine is dangerously inflammable and must never be used at night or in any room containing fire.

Blackheads—Are merely dust deposits in the pores of the skin, and should simply be squeezed out and the place well washed with warm soap and water; or the skin may be steamed and worked with the fingers.

Blacking for Harness—Take four ounces of mutton suet and twelve ounces beeswax; melt; add twelve ounces powdered sugar candy; four ounces soft soap dissolved in water and two ounces of powdered indigo. When well mixed add half a pint of turpentine. Apply with sponge and polish with brush and cloths.

Bleeding (to stop)—A loss of blood is always alarming but once wash it away with clean cold water and the wound is often quite slight; bleeding can be stopped with alum. Common whiting or pipe clay applied thickly to the wound and kept in position by dry lint is useful.

Blisters—Arising from burns or scalds can be prevented generally by applying immediately after the accident white of eggs. This may also be used in sunburn and freckles.

THE REBUILDING OF THE WHOLE BODY.

That is the Constant Business of the
Blood.

And that is Why a Blood Making Tonic Will
Make the Body Well and Keep It So.

Pure, red blood is the vital principle of life, for upon it the tissues of the body live. It goes practically to every part of the body, carrying nourishment and oxygen, taking up the wastes and so changing them that they can be cast out of the body. As our every act results in the breaking down of some of the tissues and the formation of waste materials, the body is in a constant state of change. To maintain health, strength and life the blood must be pure in order to replace these tissues with plenty of fresh nourishment and rid the body of its waste material.

Men and women who are run down will find Dr. Williams' Pink Pills the best tonic for their condition because these Pills are a certain blood-builder and purifier. They enable the blood to meet the usual demands of the body and give perfect health. We offer the case of Mrs. John Harman, of Welland, Ont., as a proof of the great power of Dr. Williams' Pink Pills over disease. Mrs. Harman says:—"For several years I lived a life of pain and misery, and even now as I recall that illness it seems awful to contemplate. The trouble began with weakness and loss of appetite. This was followed by headaches and emaciation. At times I had violent palpitation of the heart and shortness of breath, and finally I was completely prostrated. I was so haggard that my friends hardly knew me, and I often thought my last hour had come. My sufferings would follow me into the region of dreams with such distinctness that oftentimes I would awaken shivering and shaking with sobs, and scarcely able to realize that I had been but dreaming. The best efforts of three doctors at different times failed to help me. Then I was urged to try Dr. Williams' Pink Pills. Within one month I felt a distinct improvement, and after using eleven boxes I was again in the full possession of health and strength. Several years have elapsed since this illness, and as I have constantly enjoyed the best of health I am warranted in saying that the cure is permanent."

Dr. Williams' Pink Pills should be used in all diseases caused by thin, watery or impure blood, such as anaemia, rheumatism, stomach trouble, the after effects of la grippe and fevers, neuralgia, headaches, and the various ailments common to women and growing girls.

Blotches on the Face—Are best treated with internal remedies, correcting the liver and stomach. The face should be well washed three or four times daily. Outdoor exercise is necessary. Dr. Williams' Pink Pills are a remedy for this unsightly ailment.

Blushing—Should be overcome by the victim accustoming himself or herself to company; mixing with people as much as possible; by the exercise of will power, by leading a healthy out-door life; by thinking less of oneself and more of others.

Boils—Should be brought to a head with a hot poultice. A baked potato cut in half will do as well. When ripe and ready to break the boil should be lanced with a needle. Clean the needle first by putting it in hot water. Take a course of Dr. Williams' Pink Pills to purify the blood.

Boots (to Polish)—Rub well with fresh cut potato; when nearly dry polish with blacking in the usual way. They will take a higher gloss.

Bottles—Bottles are cleaned effectively by putting coal ashes into them, and shaking them well up with water. If shot is used great care should be taken to remove it all.

Breath Tainted by Onions—Chopped parsley leaves eaten with vinegar will remove the taint.

Brown Boots (to Clean)—Remove stains with lemon juice, then polish with beeswax dissolved in a little turpentine. This is the best polish and preservative.

Bruises—Apply cold water, and if possible elevate the injured part so as to retard circulation.

Burns—Exclude all air from the injured part. Wrap in cotton wool. Apply oil of any kind or white of egg. Take care in removing clothes. Don't break blister.

Burning Oil—May be almost instantly quenched by throwing flour upon it; but in any case don't throw water on oil. Endeavor to stifle the flames, and for this purpose flour, sand and earth may be used.

Cabbage Water—Should not be poured down sinks as it causes offensive smell. Pour it on ground when cool it is an excellent fertilizer for fruit trees and rhubarb.

Carbuncle—Warm, soothing poultices should be applied from first to last. When the swelling becomes conical the doctor will lance the top. When the abscess has been opened it is as well to give a liberal diet and Dr. Williams' Pink Pills.

Carpet Sweeping—It is not generally known that fresh grass is better than tea leaves to use when sweeping a carpet. Tea leaves frequently make dirty marks or stains, whereas the grass is clean and fresh.

WHEN TO USE DR. WILLIAMS' PINK PILLS.

Dr. Williams' Pink Pills were originally a prescription used in a doctor's private practice and their benefit to mankind has been increased a thousand fold by their being placed on general sale throughout the world with the doctor's own directions for use. They are entirely safe and contain no opiate or habit-forming drugs.

Dr. Williams' Pink Pills are a remedy to use when the blood is thin as in anaemia; or impure, as in rheumatism; or when the nerves are weak, as in neuralgia; or lifeless in paralysis; or when the body as a whole is ill nourished, as in general debility. They build up the blood, strengthen the nerves and cure the troubles of women and growing girls, and many forms of weakness. That thousands of people have tried this treatment with good results is shown by the increasing number of cures reported.

Mr. Paul Charbonneau, a young man well known in the town of St. Jerome, Que., is one of the host who bear testimony to the value of Dr. Williams' Pink Pills. He says:—"When I left school I became a book-keeper in an important office. Probably due to the confinement I began to suffer from indigestion and loss of strength. I became pale and seemingly bloodless and was often seized with palpitation of the heart and violent headaches. I tried several remedies, but they did not do me a bit of good. I was advised to try Dr. Williams' Pink Pills and did so, and the use of eight boxes brought me back to perfect health and strength. I have since enjoyed the best of health and cannot say too much in praise of this valuable medicine."

Treatment of Anaemia.

Nothing is better than a change of air for those suffering from anaemia, but this is not sufficient—the blood must be built up. For this Dr. Williams' Pink Pills is the best treatment. Anaemia cannot resist a treatment by Dr. Williams' Pink Pills because they directly touch the root of the trouble, that is to say the blood. The use of Dr. Williams' Pink Pills transforms poor blood to pure blood. The organism of the body is immediately strengthened by the circulation of this rich blood. All those who have taken Dr. Williams' Pink Pills say: "Not only do I no longer suffer but I am better now than I ever was." Through their powerful action on the blood and nerves Dr. Williams' Pink Pills cure anaemia, green sickness, all forms of nervous troubles and blood troubles.

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Carpet Stains—If the stain is not large pure benzine will be found very effective; rub it well in with a clean linen rag and repeat till the stain is removed. Benzine will not in the least injure the color of the carpet. It is, however, dangerously inflammable and must not be used at night nor in a room where there is a fire.

Chafing in Infants—Is very often due to neglect of proper cleanliness, and the wrinkles of the neck and the part behind the ears become chafed. Baby's Own Powder dusted over the sore parts will be found an excellent remedy.

Chapped Hands—It must be remembered first and foremost that it is absolutely necessary always to dry the hands well after washing; then apply a mixture of equal quantities of sweet oil and glycerine.

Cheese—May be kept from moulding by simply rubbing the cut part with butter and covering with paper. Of course cheese should be kept in a dry place.

Chicken-Pox—The eruption first appears on the body but spreads rapidly. The typical rash consists of red pimples which ripen into vesicles these burst and dry up. There is no pitting unless they are scratched. The treatment consists of light diet and warmth. The period of infectiousness is three weeks from the commencement of the disease, if every scab has fallen off and no child should be admitted into school under a shorter period of absence. After recovery give Dr. Williams' Pink Pills to build up strength. Dose for children from five to ten, half a pill.

Childrens Medicine—Nothing can equal Baby's Own Tablets as a cure for all the minor ills from which infants and little ones suffer. The Tablets are a perfectly safe medicine and do not contain one particle of harmful opiates or narcotics.

Chills—The most effectual means to combat a chill is the immediate use of a hot bath, or the immersion of the feet and legs in hot water. The patient should then get into a warm bed and take a hot drink.

THE ONLY WAY TO GOOD HEALTH.

Is to Keep the Blood Rich, Red and
Pure by Using Dr. Williams'
Pink Pills.

The only way for every girl and woman to be well and at her best is to keep her blood rich, red and pure. Impure weak blood is the cause of the wretched feeling of languor and faintness, pains in the back and sides, headaches, and all those other indescribable sufferings which makes the lives of so many growing girls and women a daily torture. There is one sure way to be well, and that is through the tonic treatment supplied by Dr. Williams' Pink Pills for Pale People. These Pills actually make the new, rich blood which growing girls and women need to make them well and keep them well. Thousands of mothers and their daughters have found an effectual cure for anaemia, general weakness, indigestion, palpitation, nervous disorders, skin troubles and other ailments in Dr. Williams' Pink Pills. Mrs. J. C. Moses, Brenton, N. S., says:—"Last spring and summer my daughter's health gave out. She had no energy, was very pale and nervous, and had no appetite. As the usual remedies given in such cases did not help her, we became much alarmed, and on the advice of a neighbor began giving her Dr. Williams' Pink Pills. We could soon see an improvement, and as she continued to take the Pills she gained in weight and vigor; her color returned and her whole system seemed to be built up again. She is now the picture of health and joins in recommending Dr. Williams' Pink Pills."

Miss May Baker, Tancook, N. S., writes:—"Dr. Williams' Pink Pills have been a great blessing to me. Last year, while I was attending school I became so weak and completely run down that I thought I would have to give up going to school. I was affected with dizzy spells and would fall down at any time. I got half a dozen boxes of Dr. Williams' Pink Pills and before they were half gone I felt my strength returning. By the time I had used them all the dizzy spells were completely gone, and I was again enjoying good health."

Mrs. David Ring, Brudenelle, Ont., says:—"I was troubled with rheumatism for about eight years and took a great deal of doctors medicine without finding a cure. I then began the use of Dr. Williams' Pink Pills, and can truthfully say that I never used anything that did me as much good. I have also used the Pills for the after effects of la grippe with the same good results."

Chilblains—Dry the hands or feet carefully after washing. The local application of any grease is very soothing. An onion cut in two and rubbed on the part is also very effective. Dr. Williams' Pink Pills should be taken to improve the circulation of the blood.

Chlorosis—Called green sickness, because of the green tinge it gives the complexion. It affects young anaemic girls. Symptoms: debility, palpitation, pains in the loins, etc. A tonic should be taken with outdoor exercise and wholesome food. For this complaint Dr. Williams' Pink Pills for Pale People are known to be a cure.

Choking—Remove the obstruction with the fingers; failing this smack the back violently. Tickle the throat with a feather to induce vomiting. If a child hold up by the heels and shake violently. Do not give up even if the patient is insensible. It is a good plan to break the white of an egg into a cup and give it to the patient to swallow.

Clean a Frying Pan—Pour in hot water, let it boil up and stir it well. Then wipe dry. If a smell remains in the pan from fish or onions put oatmeal in the pan and shake it over the fire till the meal scorches.

Clean Gilt Frames with a sponge dipped in spirits of wine or oil of turpentine. Do not wet the sponge too much; just enough to remove the dirt. Leave to dry.

Clean Leather Chairs—The cushions should first be rubbed with a damp cloth and then wiped quite dry. Beat the white of an egg to a stiff froth and apply quickly with a soft rag to the chair covering.

Cleaning Cloth—Dissolve a lump of ammonia the size of a walnut in a teacupful of water. Sponge cloths well with this (brush if very dirty) and hang in air to dry. This will restore color. Press with hot iron over damp cloth.

Cleaning Windows—This may be done very effectively with chamois skin or with a little methylated spirit which is a method much used by contractors.

Cleaning Oilcloth—The best thing for cleaning linoleums, oilcloth and tiles is sour milk.

Closed Up Ear—The usual remedy is to blow the nose vigorously and endeavor to force a passage but relief will be obtained by syringing with warm water; hot applications if used should be around the ear not over it.

Coffee—Is a direct stimulant to the nervous system and a powerful preventative of loss of heat, it therefore should be taken on occasions of exposure to cold.

TO THE MOTHERS OF PALE GIRLS.

Anaemia is simply lack of blood. It is one of the most common and at the same time dangerous diseases with which growing girls suffer. It is common because the blood so often becomes impoverished during development, when girls often over-study, over-work and suffer from lack of exercise. It is dangerous because of the stealthiness of its approach and because of its tendency to grow so steadily worse, if not promptly checked, that it may, run into consumption. Every growing girl should take an occasional tonic to ward off the insidious trouble; and in all the world there is no tonic can equal Dr. Williams' Pink Pills. Every dose of this medicine helps to make new, rich blood, which promptly makes weak, pale, listless girls, bright, rosy and strong. Miss A. M. Dugay, Lower Cove, N. S., says:—"I believe I owe my life to Dr. Williams' Pink Pills. My blood seemed to have turned to water. I was pale as a sheet; I suffered from headaches, and floating specks seemed to be constantly before my eyes. As the trouble progressed my limbs began to swell, and it was feared that dropsy had set in and that my case was hopeless. Up to this time two doctors had attended me, but notwithstanding I kept growing worse. It was at this juncture I began using Dr. Williams' Pink Pills, and after taking a few boxes I was much improved. I kept on using the Pills until I had taken eight boxes, when my health was completely restored."

Mothers—For Your Daughters.

About the age of fifteen years young girls often droop and fade away. The beautiful color of their cheeks, the brightness of the eyes, the red of the lips, their vivacity and alertness leave them. They become careless, irritable; they suffer from headaches; they have dark circles around the eyes and are, to their anxious mothers, a perpetual source of care. Why this change? What will bring my girl back to health? Those are the questions which come from the anxious mothers. The change is occasioned by poor blood—by anaemia, and if an energetic remedy is not promptly used will surely lead to consumption. One should not despair. The case is certainly serious but it is not without a cure for Dr. Williams' Pink Pills annually cure thousands of cases of anaemia. Innumerable mothers are thankful to these Pills for what they have done for their daughters.

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Coffee in the Sick Room—Is a powerful deodorant. The best way to employ it is to freshly pound the coffee in a mortar and sprinkle the coffee on a red hot iron surface. The fumes will immediately have the desired effect.

Cold Feet in Bed—You cannot sleep if your feet are cold. Sleep commences at the extremities so keep feet warm. Before going to bed pace up and down the room and get the feet in a glow. A hot water bottle may be used with advantage or socks can be worn in bed when necessary.

Cold in Head—The treatment is generally very simple and may be confined to a hot bath for the feet.

Cooking Smells—A little cedar sawdust if thrown on the top of the range will prevent the smell of cooking rising from the kitchen to other parts of the house.

Copper Utensils—Nothing should be allowed to get cold in copper vessels for fear of poison. In poisoning from copper pans give an emetic Ipecac wine or warm salt and water with mustard in it.

Corns—On going to bed at night cover corn with Hanson's Magic Corn Salve and upon arising in the morning soak the foot in warm water and corn can be easily removed.

Court Plasters—Requires some judgment as to its use. It may be used for slight wounds with perfect security, for deep wounds, however, apply strips only so as to keep edges of wound close and leave room for the secretions of the wound to escape.

Cracks in Woodwork—Stop with putty to which a little Japan black has been added. Putty so treated defies the weather for years.

Cramp in Stomach—Rub the stomach in a circular direction; then if cramp is severe; apply a flannel soaked in turpentine and take some ginger in very hot water.

Cramp in Legs—Kick out the leg at the same time press down the heel as much as possible and draw up the toes. If done promptly this will stop an attack of cramp. Another remedy is to stand on cold hearth.

A SURE MAINSTAY

FOR ALL WEAK MEN.

All Breadwinners Who Find Health Declining Should Take Dr. Williams' Pink Pills..

Thousands of men throughout Canada are suffering to-day from a deplorable failure of strength without knowing that they are the victims of nervous exhaustion. The signs are plain. The sufferer cannot keep his mind on his work, passes restless nights, turns against food and cannot digest it, feels exhausted after exertion, while headaches and fits of dizziness often adds to his misery. These symptoms denote that the nervous system is weakened and insufficiently nourished. Dr. Williams' Pink Pills will promptly cure because they enrich the impure weak blood and thus give new strength and tone to the exhausted nerves.

Mr. W. H. Hipson, East Pubnico, N.S., says:—"For a number of years I was troubled with violent headaches. When these spells came on the pain was so severe that I feared I would lose my senses. At the outset these headaches would come on about once a week. I doctored for the trouble and did everything possible to get relief, but without avail, and as time went on the attacks grew both in frequency and severity. The pain was terrible and with each attack seemed to grow worse. The only relief I could get was from a hot mustard foot bath, and the application of hot water and ammonia to my head: I would then have to be led to bed where I had to remain until the attack passed away. At this time Dr. Williams' Pink Pills were brought to my notice, and while I scarcely hoped they would cure me, I decided to try them. After taking a few boxes I found that the attacks were not so severe, and I joyfully continued taking the Pills until I had used ten boxes when every symptom of the trouble had passed away, and I was in better health than I had ever enjoyed before. It is several years since my cure was effected, and as I have not had a headache since I feel that the cure is permanent. This is a plain statement of my case, but no words can tell what my sufferings really were and I believe that but for Dr. Williams' Pink Pills I would have been in my grave, for I could not have stood the pain much longer and doctors did not do me any good."

Mr. Jos. Preston, Hillsdale, Ont., says:—"I was completely run down, my head ached all the time, and I got nothing to help me until I began the use of Dr. Williams' Pink Pills. I took the Pills for several months and the trouble has all gone and I gained twenty pounds in weight. I advise any person who is run down to try these Pills."

Cramp While Swimming—Turn over on back and kick the cramped leg violently in the air at the same time pressing down the heel and keeping the toes turned up.

Croup—When the child is seized with an attack send for the doctor, telling the messenger to state what is the matter. Do not place in warm bath except by doctors orders. Keep air in room moist by boiling kettles vigorously on fireplace. Sponges wrung out in hot water may be applied to the throat. Vomitting gives relief.

Damp Cupboard—If you have a cupboard in the house which you cannot use because it is damp remember that a dish of quicklime left in the cupboard for a few days will remove the moisture.

Damp Hands—Are ruinous to gloves and disagreeable to everybody. Baby's Own Powder rubbed on the hands will make them smooth and dry.

Debility—The diet should be wholesome and nutritious; daily exercise should be taken and nothing will equal Dr. Williams' Pink Pills for building up the blood.

Destroy Insects on Animals—A wash made of water in which potatoes have been boiled is a sure means of destroying insects in animals. To be effectual the application must be made two or three times.

Diarrhoea—The symptoms are often very alarming. Put the patient on a milk diet and do not delay in sending for a doctor. Never try to check diarrhoea unless on the advice of a doctor.

Discharges From Ear—Are commonly met with in children and are generally a sign of constitutional weakness. The ear should be syringed with a warm solution of boracic acid and Dr. Williams' Pink Pills given to improve the general health.

Disinfectants — Remember that the sprinkling of perfume or the burning of paper or coffee will disguise a bad smell but will not give or make fresh air; fresh air can only come from outside so see that the room is properly ventilated.

Distemper in Dogs—If the distemper attacks young dogs in hot weather allow him to run about on the grass as much as possible and let diet be good. Sulphur should be given with food.

Doors Squeaking—May be prevented by rubbing a little soap, tallow or black lead on the hinges or sweet oil may be applied with a feather.

THE DARK DAYS OF STOMACH TROUBLE.

Obstinate Indigestion Can be Cured by
a Fair Use of Dr. Williams'
Pink Pills.

No trouble causes more widespread suffering and discomfort than indigestion. The ailment takes various forms. Some victims are ravenous for food; others turn sick and faint at the sight of meals; but as a rule every meal is followed by intense pains in the chest, heartburn, sick headaches, dizziness and shortness of breath. Indigestion assumes an obstinate form because ordinary medicines only subdue its symptoms—but do not cure. So-called pre-digested foods only make the digestion more sluggish, and ultimately make the trouble take a chronic form.

Dr. Williams' Pink Pills cure indigestion because they go right to the root of the trouble. They make new, rich blood that invigorates weakened organs, thus strengthening the digestive system so that the stomach does its own work. That is the Dr. Williams' way—the rational way to cure indigestion and the ailments that arise from it. This has been proved time after time in the published cures wrought by Dr. Williams' Pink Pills. Miss Blanche Wallace, Dartmouth, N. S., says:—"I suffered greatly with my head and stomach, and often took fainting spells. I could not retain anything on my stomach and while I naturally craved food I really dreaded mealtime with the pain and discomfort that followed. I tried a number of remedies but got no relief. My mother was using Dr. Williams' Pink Pills at the time with so much benefit that she induced me to try them. The result was that soon the trouble had passed away, and I have since enjoyed the best of health."

A remedy which cures stomach trouble is a valuable remedy. Let all those who suffer from this trouble procure Dr. Williams' Pink Pills. Let them follow this treatment and soon they will have an excellent appetite which they can satisfy without the least thought of after consequences. These Pills enrich the blood and thus tone the digestive organs. These organs which have become lazy through weakness take on a new strength, they begin to perform their functions perfectly. Food is digested perfectly and assimilated for the greatest good of the whole organism. The residue of the digestion is also perfectly expelled and all the painful maladies are only a remembrance.

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Dust in the Eye—Close the eye and blow the nose violently. Draw down the lower lid and remove the dust with the corner of a handkerchief. If the eye becomes inflamed drop in one drop of castor oil; exclude light.

Dying Fire—May be stimulated by a handful of moist sugar or a few well dried potato parings. A couple of handfuls are sufficient and this is worth remembering, when lighting the fire often there is difficulty in obtaining wood for the purpose.

Earache—A little sweet oil should be dropped into the ear and cotton wool inserted to keep out the cold air. The ear should be syringed with warm soap and water if inflammation is due to presence of wax.

Ear Inflammation—Often causes an abscess. This may end fatally. The ear should be syringed with hot water. If inflammation is severe call a doctor.

Eczema—The treatment should be constitutional not local. Plain food and regular exercise. Soap and washing in water must be avoided. Baby's Own Powder may be applied as a soothing powder. Dr. Williams' Pink Pills should be taken regularly till cured.

Emetics—Are used to make the stomach empty its contents. They are useful in cases of poison. The handiest emetics are warm water with mustard in it, warm soap suds, warm salt and water and wine of ipecac.

Enemas—A purgative enema in an emergency can be made simply by pouring one and a half ounces of castor oil into a small basin of hot water and then lathering some soap in the water at the same time mixing up the oil and water. Inject into bowels with an enema or syringe.

Eye Lashes—Some eyes are very weak and the lashes are liable to fall out; they should be bathed carefully in cold water with a very little boracic acid added. Apply vaselline to eyebrows to strengthen them.

DISFIGURING, TORTURING SKIN TROUBLES.

Cannot be Cured by Salves and Ointments—The Blood Must Be Purified.

A blemished skin, irritating sores, pimples, eczema, salt rheum and other skin disorders are all signals of distress, telling that your blood is impure or weak. You cannot cure eczema and other skin troubles with ointments and outward applications. These things may give temporary relief, but cannot cure, because the trouble is rooted in the blood and can only be removed by purifying and enriching the blood. Dr. Williams' Pink Pills speedily cure skin troubles because they enrich, purify and build up the impoverished blood that caused the trouble. As they feed and cleanse the blood the skin grows fair, the bloom of health returns and new strength is found. No other medicine has ever had such wonderful results in curing all diseases due to bad blood. Miss Elizabeth Gillis, Kensington, P. E. I., says:—"Words can hardly express how grateful I feel for what Dr. Williams' Pink Pills have done for me. For seven years before I began their use I was troubled with salt rheum. My hands and arms were nearly always a mass of torturing cracks and sores. I tried several doctors and spent a great deal of money without getting any benefit. Indeed my hands seemed to be getting worse all the time. Finally my brother persuaded me to give Dr. Williams' Pink Pills a trial and I am happy to say they have completely cured me. I used in all seven boxes, and I would not be without them."

Body Covered With Boils.

Mr. Geo. W. Johnson, Hemford, N. S., writes:—"A couple of years ago when I came home from the lumbering camp where I had been employed for six months, my blood was in such a bad condition, that my hands, arms and neck, in fact my whole body broke out in boils—some six and eight in a nest. These were so painful that I was confined to the house and for three months was treated by my family doctor. I got no better; in fact the sores began to eat into my flesh, and at times were so offensive that I refused to sit at the table with my family. A friend asked me one day why I did not give Dr. Williams' Pink Pills a trial and I decided to do so. I got six boxes and before they were all gone the sores began to disappear and my system was much strengthened. I continued using the pills until I had taken twelve boxes when every boil and sore had disappeared, and I have since enjoyed the very best of health."

Eyelids—Sometimes get inflamed, and crusts form on the lids which are red and swollen. The crusts may be removed by warm boracic acid followed by diluted citrine ointment. Rest the eyes and take a tonic—Dr. Williams' Pink Pills are the best tonic.

Eye Poultices—Are condemned by every oculist. Binding a wet application over the eye is very harmful.

Faintness—Throw cold water in the face and apply smelling salts to the nostrils. Loosen the clothes. Keep patient in a reclining position and give much pure air.

Falling Hair—The systematic brushing of the hair night and morning with a brush not too stiff will be found one of the best tonics. Whisky and water has been described as a good tonic wash for the head; soap and shampooing preparations are condemned.

Feet—That give of an offensive odor should be most carefully washed. A little Baby's Own Powder rubbed on the feet and dusted in the stockings will prevent further trouble.

Felt Hats—May be renovated by sponging with benzine or with liquid ammonia mixed with equal quantities of water. Brush well first.

Finger Nail Torn Off—Plunge the finger into hot water. The agony is soon diminished. Wrap finger in bread poultice.

Fire Escape—A piece of knotted rope long enough to reach the ground should be kept in every bedroom. A hook should be added to one end so that a basket could be let down also a hood at the other end to attach to window. Sheets and blankets may be knotted together to form a rope. If forced to jump a mattress should be thrown out first. To pass through fire envelop yourself in a wet blanket and crawl along the flooring.

Fits—(Epileptic) The patient must be restrained from doing injury to himself; the clothing must be loosened. Give Dr. Williams' Pink Pills according to directions. Give wholesome diet (very little meat). Avoid stimulants.

Flannels—May be prevented from shrinking by putting them before they are first washed into boiling water and letting them remain there till the water is cold.

Flat Irons Rusty—These may be made beautifully smooth by scouring with dried salt and beeswax.

Flies—(To rid the room of) If twenty drops of carbolie acid be evaporated on a hot shovel it will be generally found to drive flies out of the room.

WOMAN'S AILMENTS.

Pure blood is the secret of health and beauty. Regular monthly uterine action is necessary to every woman's health, and if this function of life is checked, disease, a pale and sallow complexion, and a feeling of exhaustion are the result. The monthly secretions must continue from Puberty to the Turn of Life without unnatural obstructions. Any breach of this law of nature will result in the distressing symptoms which make the lives of seven-tenths of the women of this country miserable, almost unbearable. A few of these symptoms are severe headaches, loss of appetite, pale or sallow complexion, palpitation of the heart, swollen ankles or legs, nervousness, offensive breath, etc., etc. The sufferer may exhibit one or more of these symptoms, or may have all. They simply indicate the ravages disease has made upon the system, and the more of these symptoms the patient shows, the greater the necessity for prompt and persistent treatment, until they have been banished, and the bloom of health has been restored. To accomplish this end Dr. Williams' Pink Pills are the only unfailing remedy. They positively cure all suppressions and irregularities, which, if neglected, inevitably entail sickness and trouble. By taking these pills for a week or ten days before the expected return of each period, the prompt appearance of the "visitor" is assured. For suppressions the pills must be taken steadily until the appearance takes place—generally in a month's time, sometimes less. Follow the directions on the pamphlet about each box. Nursing women will find their milk improved in quality and quantity by taking these pills; and also obtain relief from pain in the back, and generally dragged out feeling. All displacements from weakness of the Uterine Ligaments are speedily relieved and ultimately cured by the faithful use of these pills.

Dr. Williams' Pink Pills Have Cured Supposed Incurables.

Have the remedies which you have tried failed? If so do not lose hope. Begin Dr. Williams' Pink Pills and you will not be disappointed. They purify and enrich the blood, give strength; stimulate the appetite; tone up the stomach, regulate the digestion and strengthen the nerves. They show better results than any other remedy. They have cured the world over many cases which have been pronounced incurable—many of the cures have been simply astonishing. They cure anaemia, green sickness, general weakness, and all nervous troubles.

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Flowers—When faded may be revived more or less by placing them half way up their stems in very hot water and left there to cool. Then cut off the ends and place in cold water.

Fomentations—Hot fomentations may be given by flannel dipped in boiling water and wrung dry in a towel before applying; a second flannel must be got ready so that a change can be effected without delay.

Frost Bite—Treatment consists in slowly and very cautiously restoring the circulation. The part may be rubbed with cold water or snow and the patient put to bed in cold sheets. Avoid hot rooms or drinks.

Fruit Stains—(To remove) Hold the article over a basin, and pour boiling water on it. Salt, if applied promptly to the stain will serve to keep the cloth damp till it can be treated as indicated.

Furred Kettles—It will be found that water will soon form a crust inside the kettle and it is a good precaution to place a clean oyster shell inside the kettle to attract the particles of earth and stone.

Gargle—(How to) A mouthful of gargle should be taken the head thrown back and the gargle then set in motion by breathing through it. Do not swallow it.

Gilt Frames—To prevent files spotting gilt frames pour boiling water on onions and let them stand for a week. Strain and sponge frames with the liquid. Do this twice every spring and summer.

Glasses—Should not be washed in hot water as this may crack them nor in warm water as this makes them dull. Use cold water with a little soda if the glasses are stained.

Glaze Linen—Dissolve teaspoonful of borax in half a teacupful of boiling water and add a pint of cold starch. Finish off with polishing iron.

Gloves—Are frequently soiled with perspiration and it is a good plan to dust a little Baby's Own Powder inside the gloves. This should be done when the gloves are new and unworn.

THE CHANGE OF LIFE.

Dr. Williams' Pink Pills Bring Health and Strength to Women at a Critical Time.

The most critical period in the life of women is that attending the cessation of menstruation, or as it is more generally termed, the change or turn of life. The symptoms attending this period are fainting spells or attacks of faintness, as giddiness, headache, general debility, exhaustion, a feeling of melancholy, hysteria, pains in the loins or limbs. The change is a gradual one—for better or worse—for the former if the patient is wise enough to fortify the system against the ravages of the symptoms attending the change. For this purpose no remedy ever discovered equals Dr. Williams' Pink Pills. They purify the blood by acting directly upon the sexual system, lessen the severity of this critical period, and finally leave the patient in the enjoyment of robust health. All ladies approaching this critical period should take Dr. Williams' Pink Pills.

FORTIFIED AT FIFTY.

Few women reach the age of fifty without enduring much suffering and anxiety. Between the years of forty-five and fifty health becomes fickle and acute weaknesses arise with rheumatic attacks, pains in the back and sides, frequent headaches, nervous ailments and depression of spirits.

The secret of good health between forty-five and fifty depends upon the blood supply. If it is kept rich, red and pure good health will be the result, and women will pass this critical stage in safety. Dr. Williams' Pink Pills help women of mature years as no other medicine can, for they make the rich, red blood that means good health, and brings relief from suffering. Mrs. C. Donovan, Newcastle, N.B., says:—"About two years ago I was greatly run down and very miserable. I did not know what was wrong with me. I was hardly able to drag myself about, had severe headaches and no appetite. I felt so wretched that I hardly cared whether I lived or not. I had often read of what Dr. Williams' Pink Pills had done for others and I decided to try them, and I can now truthfully say I found them all they are recommended to be. Under their use my health gradually came back; I could eat better, sleep better and felt stronger in every way, and before long I was enjoying as good health as ever I had done."

Glue—To increase the adhesion of glue and make it less brittle add one part of glycerine to three parts of glue.

Gnat Bite—When bitten by these little insects the best remedy is ammonia applied to the spot. Afterwards put on pure olive oil, unsalted butter or fresh lard. These remedies should be well rubbed in.

Grease Eradicator—One ounce of soap cut small. One quart of water; boil. Add when cool teaspoonful of saltpetre and one ounce and a half ammonia, cork.

Greasy Pans—Should be wiped with soft paper as soon as done with, then filled with cold water in which there has been put a teaspoonful of ammonia or a piece of washing soda the size of a bean.

Gumboil—To relieve a gumboil a home-ly remedy is to take a thin strip of dried fig, dip it in milk, toast, and then apply hot to the swollen gum. Relief is speedy.

Hair Brushes should not be washed in hot water or dried before a fire. They are best washed in soda and cold water and stood on their handles in a draught to dry. This will preserve the bristles.

Hiccough—In very troublesome cases ice may be applied to the throat. In children an emetic may be given or they may take a piece of sugar saturated with vinegar.

Heat Stroke—(Unconscious from) Carry patient into shade and if in a room carry out into the open air. Rest head and loosen and remove the clothes. Throw cold water on the head, neck and spine. Do not crowd around. Give no stimulants. Send for doctor.

Hoarseness—A good remedy appreciated by actors and singers; bake a lemon as one would an apple, squeeze a little of the thickened and heated juice over a lump of sugar and eat.

Honey—Will be found useful to disguise any nauseous drugs; it is frequently employed in gargles; when indulged in freely it has a laxative effect. It is wholesome but should not be taken in excess.

House Plants—To make house plants grow saturate them every day with the coffee left over from breakfast. Five or six drops of ammonia to every pint of water once a week will make them flourish.

Husky Voice—When the voice is husky it will be found a great relief to bathe the face and neck in cold water and afterwards rub briskly with a rough towel till the skin glows.

GOOD RICH BLOOD MEANS GOOD HEALTH.

Just a Little More Rich, Red Blood Cures Most Ailments.

The lack of sufficient red, health-giving blood doesn't end merely in a pale complexion. It is much more serious. Bloodless people are the tired, languid, run down folk who never have a bit of enjoyment in life. Food does not nourish, there's indigestion, heart palpitation, headache, backache, sometimes fainting fits and always nervousness. If anaemia or bloodlessness be neglected too long a decline is sure to follow. Just a little more blood cures all these troubles. Just more rich, red blood; then abounding health and vitality and pleasure in life. To get more blood the remedy is Dr. Williams' Pink Pills. No other medicine increases the blood supply so quickly or so surely. The cure actually begins with the first dose, though naturally it is not noticeable. This is not a mere claim. Dr. Williams' Pink Pills have been doing this over and over again in Canada for years. This is why thousands of people always have a good word to say about this medicine. The following is the experience of one of the many who praise this medicine. Mrs. J. J. Thibodeau, Bathurst Village, N. B., says:—"Some years ago while teaching school I became so run down that I could hardly walk. My breath was short and I had failed in weight and lost color. I had to rest several times on my way to school and during school hours it took more than all my strength to fulfil my duty. My doctor advised me to give up teaching and take a long rest. But at this time a friend persuaded me to try Dr. Williams' Pink Pills and I got six boxes. I hadn't finished the first box when I felt a little better and by the time I had used the six boxes I was fully recovered, and enjoying the best of health. At a later date I was troubled with eczema and my faith in Pink Pills led me to try them again, and I was not disappointed as they cured this trouble also. I can't praise Dr. Williams' Pink Pills too much for they have done me a power of good."

Miss Bessie E. McGary, Rosseau, Ont., says:—"I was in a very anaemic condition, pale, easily tired, had frequent headaches, and could not go up stairs without stopping to rest. I saw Dr. Williams' Pink Pills advertised and decided to try them. I got half a dozen boxes, and they have fully restored my health. In fact I am feeling better than ever I did, and I strongly recommend this medicine to every young girl who is run down."

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Ice to Keep—For lack of a refrigerator the ice should be wrapped in a thick strong cotton cloth and put in the cellar in a large tub supported in such a way that the water may run away.

Insect Powder—Get fresh green pennyroyal, dry it, reduce to fine powder, and sprinkle it where you are troubled with moths and other insects. It will drive them away.

Iron Mould in Linen—The spots should be placed over an earthenware pot or plate and moistened. Put salts of lemon on the spots and rub in with a bone or clean wood. Afterwards thoroughly rinse in warm water.

Jewellery—(To clean) Make a lather of common yellow soap and warm water. Wash the articles in this and brush them well. Wipe them dry and polish with a leather sprinkled with rouge.

Keep Disused Teapot Sweet—It is a good plan when putting away a teapot to put in the pot a few dried tealeaves this will keep the pot sweet and clean.

Kitchen Refuse—Should be burnt as quickly as possible and should on no account be thrown simply into the dust-bin. If not convenient to burn it keep proper sanitary metal bins which can be cleaned out weekly.

Knee—(Inflamed) Inflammation will be relieved by hot fomentations and the knee should be rested for three or four days. Then friction will restore tone and strength.

Knives—Only the blades should be immersed in water. The handles may be cleaned with a soaped flannel. To restore whiteness of handles soak them in alum water for an hour then clean, wrap and leave them in a cloth to dry.

Lack of Appetite—Often after cooking a meal a person will have no appetite, for this, beat a raw egg till light, stir in a little milk and sugar and season with nutmeg. Drink a quarter of an hour before meals.

Lamp Chimneys—May be cleaned by holding them over the steam of a kettle first, and then polishing them with a soft rag or a piece of newspaper.

WOMEN WHO SUFFER.

Dr. Williams' Pink Pills Give Regularity and Good Health.

Every woman, at some time, needs a tonic. At special times unusual demands are made upon her strength. Where these are added to the worry and hard work which falls to her lot, weakness will result unless the blood is fortified to meet the strain.

Weak women find in Dr. Williams' Pink Pills the tonic exactly suited to their needs. Most of the ills with which they suffer are due to bloodlessness—a condition which the Pills readily cure. These Pills save the girl who enters into womanhood in a bloodless condition from years of misery, and afford prompt and permanent relief to the woman who is bloodless, and therefore weak. Mrs. R. Fisher, Coates Mills, N. B., says:—"Some time ago my system was in a very anaemic condition as the result of an internal hemorrhage caused by an accident. Though I had the services of a skilled doctor for a time, I did not recover my strength, and gradually I grew so weak that I could not do any house-work. As I seemed to grow steadily weaker I became much discouraged, for previous to my accident I had always been a healthy woman. About this time I received a pamphlet telling me of the strengthening powers of Dr. Williams' Pink Pills. I procured a box at once and begun using them, when they were gone I got three boxes more, and by the time I had used these I found myself somewhat stronger and my appetite much better. Before I began the Pills I could scarcely walk up stairs, and could do no work at all. Now after taking three boxes I was able to walk and after using six boxes was delighted to find that I could again attend to my household affairs. I took two more boxes of the Pills, and I felt that I was as well as ever I had been, and equal to any kind of exertion. I have since recommended Dr. Williams' Pink Pills to friends with beneficial results."

Miss Myrtle Hunter, Oak Bay Mills, Que., says:—"I can hardly tell you how much good Dr. Williams' Pink Pills have done for me. I was weak, thin and run down, and as pale as could be. The pills have fully restored my health, increased my weight and given me a good color. I always tell my friends about Dr. Williams' Pink Pills and advise their use when a medicine is needed."

Mrs. Robt. J. Day, Downeyville, N. B., says:—"After a severe attack of la grippe I was left very weak, I decided to try Dr. Williams' Pink Pills, and found them of the greatest benefit to me as they soon restored my old time health."

Lamps—Some lamps, irrespective of the amount of care bestowed upon them in the way of cleaning always seem to burn dimly. This may be remedied by dropping small pieces of camphor into the bowl containing the oil.

Lamp Filling—Do not fill a lamp with oil to its utmost capacity but always leave space for the spirit to expand with the heat. Otherwise there is danger of an explosion.

Leadon Pipes—If the water is carried through the house by means of leadon pipes the water should be allowed to run to waste before using in the morning thus getting rid of the water that has lain in the pipes all night.

Lead Poisoning—Arises from a great variety of causes, as lead is an ingredient in nearly all cosmetics and in the wrapper of many articles of food. The symptoms are colic, loss of appetite, constipation, and in some cases paralysis. Give salt as an emetic. Call the doctor.

Leather—(To clean) Dissolve in warm water a small quantity of oxalic acid and wash the leather with a sponge which has been dipped in this solution. When dry it will appear almost equal to new.

Lemons—Lemon juice will be found useful in cleaning the nails. The complexion is improved by the skin being rubbed with a slice of lemon. Black heads are removed by its use. It is a great cleanser and few things are better than lemon juice and water in colds.

Life Insurance Policies—The premiums should always be paid promptly. A life policy may be assigned to anyone during the life of insurer; money may be raised on them and if the premiums cannot be kept up the policy may be sold to the company for a sum called the Surrender Value.

Linen—(To stiffen) After ironing linen place it near the fire or in the sun, until perfectly dry, as the garments will be much stiffer than if left to dry slowly. This hint is useful with collars and cuffs.

Linseed Poultice—Linseed should be free from grit. Pour some boiling water into a basin stir the meal into a consistency; beat the mass smooth and spread it on muslin. Apply it as hot as can be borne.

Lip Sores—Are usually traceable to some stomach trouble, consequently the treatment should be largely confined to setting the stomach right. The swelling may be reduced by cold applications or sal amoniac, vinegar and water; otherwise keep the lip dry. Avoid ointments.

THE SUFFERING WOMAN ENDURES.

Can be Banished by the Rich, Red
Blood Dr. Williams' Pink Pills
Actually Make.

Behind the veil of her modesty and silent patience nearly every woman endures suffering that casts a shadow over half her existence. An aching back, tired limbs, attacks of faintness, and headache upon headache need not be part of a woman's life. Such trials indicate plainly that the system requires the new blood that is supplied by Dr. Williams' Pink Pills. These Pills are valued by suffering women, who have used them, above all other medicines, because they make the rich, red blood that makes women well, bright and at their best. This is the secret of the great success of Dr. Williams' Pink Pills. Mrs. Geo. C. Wadden, Wadden's Cove, N. S., says:—"A few years ago I was completely run down. At times I would be so weak that I was unable to do my housework. I suffered from severe headaches, pains in the back and dizziness, and at times I felt as though life was scarcely worth living. I had tried several medicines without getting relief, when I finally decided to give Dr. Williams' Pink Pills a trial. After using two or three boxes I noticed a change, and after taking the Pills about two months I was again enjoying good health, and have since been well and strong.

Female Trouble Cured.

Mrs. Martin Estabrook, Sackville, N. B., says:—"I am happy to be able to tell you that through the use of Dr. Williams' Pink Pills I am now enjoying better health than I have done for years. I was troubled greatly with the weakness that afflict my sex, and my lot at times was one of perfect misery. The trouble seemed to baffle all treatment until I began the use of Dr. Williams' Pink Pills, but these I am thankful to say have restored me to perfect health. I may add that my daughter was cured of fits by Dr. Williams' Pink Pills, and we have much reason to be grateful for what they have done in our home."

Mrs. Clifford Duggans, Churchover, N. S., says:—"About four years ago I suffered from a lame back and weakness all over my body. I could hardly do any work, and could hardly bear the weight of my body on my feet. I tried a number of medicines but they did not help me. Then I began to take Dr. Williams' Pink Pills and before I had used six boxes every sign of the lame back and weakness had disappeared, and I have since been well and strong. I also know of a neighbor who was cured of a very severe attack of rheumatism through these pills."

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Liver—When out of order a restricted diet is more or less essential; coffee, tobacco and alcohol are best avoided. Every morning the region of the liver may be rubbed. A glass of water with a pinch of salt is helpful before breakfast. Dr. Williams' Pink Pills in small doses after each meal have been proved a cure.

Low Spirits are not a disease, but merely a morbid condition, best combated by hard work, fresh air and exercise, with wholesome food, and cheerful society. If caused by run down health Dr. Williams' Pink Pills are recommended.

Lungs—Have you strong lungs? You can test this by drawing a deep breath, and then counting aloud slowly without further inhaling. If sound you should be able to count at least twenty to thirty-five seconds. The lung power may be strengthened and increased by systematic daily exercise. Stand up straight, throw the head back; breathe deeply first inflating the upper and then the lower part of the lungs; breathe slowly. Do this for fifteen minutes every day. If lungs are already delicate exercise gently as above five minutes daily, and take a course of Dr. Williams' Pink Pills.

Measles—Symptoms; sneezing, running from the nose and swollen eyelids; no appetite, sick and restless; red rash like fleabites break out over face neck and body. Keep patient warm and in one room. Call doctor. The period of infectiousness is three weeks from the commencement of the disease if all rash and cough have ceased and no child should be allowed to school under a shorter period of absence. After recovery Dr. Williams' Pink Pills for Pale People will build up the strength.

Mildew on Leather may be removed by gentle rubbing with vaseline. Polish afterwards with a soft cloth.

Moths—Things should be packed away sprinkled well with insect powder or camphor; then tightly done up in brown paper and sealed. Camphor may be put in the corners of the chairs.

HEALTH FOR YOUNG GIRLS.

How to Obtain Bright Eyes, Rosy Cheeks and Elastic Steps.

What can be more distressing than to see a girl drooping and fading in the springtime of youth? Instead of bright eyes, glowing rosy cheeks, and elastic step, there are dull eyes, pale, sallow or greenish complexion, and a languidness of step that bespeaks disease and an early death if proper treatment is not promptly resorted to and persisted in until the impoverished blood is enriched and the functions of life become regular. Upon parents rests a great responsibility at he time their daughters are budding into womanhood. If your daughter is pale, complains of weakness, is "tired out" upon the slightest exertion; If she is troubled with headache or backache, pain in the side; if her temper is fitful and her appetite poor, she is in a condition of extreme peril, a fit subject for the development of the most dreaded of all diseases—consumption. If you notice any of the above symptoms, lose no time in procuring Dr. Williams' Pink Pills. They will assist the patient to develop properly and regularly; they will enrich the blood and restore health's roses to the cheeks; bright eyes and a lightness of step will surely follow their use, and all danger of consumption and premature death will be averted. Wise and prudent mothers will insist upon their daughters taking Dr. Williams' Pink Pills upon the approach of the period of puberty, and thus avoid all chances of early decay.

Miss Sadie Pond, Upper Durham, N.B., says:—"I was all run down, pale, nervous and could scarcely do any work when I began the use of Dr. Williams' Pink Pills. I had only taken them a few weeks when I felt like a new person, and I can heartily recommend them to all sick and ailing people.

Mrs. J. B. Pender, Clones, N.B., says:—"I gave Dr. Williams' Pink Pills to my daughter who was suffering from troubles that so often afflict growing girls. They have restored her to her usual good health, and I can heartily recommend Dr. Williams' Pink Pills to all mothers of young girls."

Miss Anna Johnson, Cold Springs, Man., says:—"It is with pleasure that I write to let you know what Dr. Williams' Pink Pills have done for me. For years I was a great sufferer from stomach trouble, and spent a great deal of money in doctoring without getting any good from it. Finally I was induced to try Dr. Williams' Pink Pills, and after taking them for several months every symptom of the trouble disappeared and I am now enjoying the best of health."

Mother's Milk—If not available, a substitute may be found in cows milk (two parts of milk to one of water) with a little sugar of milk added. If this is returned add lime water; and substitute barley water for plain water.

Mustard Poultice—The cleanest way is to spread ordinary table mustard on damp, rough brown paper with a knife, and allow it to remain there for a minute then wipe it all away carefully and apply the damp paper to the part. Apply white of egg to the skin first; this will prevent the plaster causing a blister.

Nail Biting is not always a wilful habit to be cured by some little punishment, but sometimes an indication of the first stage of nervous degeneration. The habit should be treated as a disease. It affects the general health as the pieces of sharp nail are swallowed and may cause appendicitis. A little bitter aloes rubbed on the finger tips will cure it in children.

Nausea—If there is continued nausea with vomiting, it will prove a relief to drink warm water which will wash out the stomach and give it fluid to act upon. Afterwards suck ice.

Nerves—An attack of nerves is a comparatively modern complaint. It is best treated by a change of scene and the use of Dr. Williams' Pink Pills with out of door exercise.

Nervous Headaches may be relieved to a great extent by applying hot water to the temples and back of the neck. Care should be taken not to catch cold. Dr. Williams' Pink Pills should be taken to remove the cause.

Neuralgic Headache—An excellent remedy that has proved successful in many cases is found in a lemon; take a slice and rub over the affected part. But the permanent cure is Dr. Williams' Pink Pills.

Night Lights—It is better to do without these as they consume the air so necessary to health. On no account leave a gas-jet burning even turned right down as the bad fumes are more harmful than candles.

Oil Stains in Leather can be removed by applying white of egg and drying in the sun. Repeat application. Dry Fullers earth is also enectual.

Onions—Especially in their raw state are powerful stimulants; in boiling the onion loses much of its pungent quality. A roasted onion cut in half and its centre cut out may be applied to boils to hasten breaking.

HOW WEAK GIRLS MAY GROW INTO STRONG WOMEN.

**The Blood Supply Must be Kept Rich,
Red and Pure—Good Blood
Means Good Health.**

Healthy girlhood is the only path to healthy womanhood. The merging of girlhood into womanhood lays a new tax upon the blood. It is the overtaking of the scanty blood supply that makes growing girls suffer from all those headaches, backaches and sideaches—all that paleness, weakness and weariness—all that languor, despondency and constant ill health.

Unhealthy girlhood is bound to lead to unhealthy womanhood and a life of misery. Nothing but the blood-building qualities of Dr. Williams' Pink Pills can save a girl when she undertakes the trials and tasks of womanhood. That is the time when nature makes new demands upon the blood supply. Dr. Williams' Pink Pills actually make new, rich blood which meets those new demands with ease. In this simply scientific way Dr. Williams' Pink Pills fill a girl with overflowing health and strength. Miss Eva Dennis, Amherst, N. S., says:—"Dr. Williams' Pink Pills have done me a world of good. I was completely run down, was very pale, easily tired and suffered from frequent severe headaches. Though I tried many medicines I got nothing to do me the least good until I began using Dr. Williams' Pink Pills. Even the first box of these seemed to help me, and after taking a half dozen boxes I was again a strong, healthy girl. I have not had any illness since, but should I again feel run down Dr. Williams' Pink Pills will be my only medicine, and I strongly recommend them to every weak and ailing girl.

To the Weak and Run Down.

When the body is weakened after illness; when the blood is poor and the nerves shattered a blood builder and nerve toner is needed. That is the time to take Dr. Williams' Pink Pills. In taking these Pills you save your time and your money. You have a surety of being cured for the proofs of like cures are plentiful. But if you take a valueless remedy you stand the chance of not only not being cured but of becoming much worse. It is easy for Dr. Williams' Pink Pills to bring the sick back to health. They cure anaemia, neuralgia, general weakness, etc. The treatment of Dr. Williams' Pink Pills is simple, easy, not expensive and efficacious.

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Ovens should be frequently washed inside with hot soda water, or disagreeable smells will arise when cooking. A pail of water standing in kitchen when cooking onions will do much to prevent odor from filling the house.

Over Tired—No person should eat heartily when overtired. The wisest thing is to drink a cupful of hot water with three teaspoonfuls of milk in it. Sit down for a few minutes and then eat very slowly.

Pain in the Bowels—If there is pain in the bowels, perhaps cramp or diarrhoea, apply hot fomentations to the bowels, followed up by copious hot enemas; this will check the severity of the attack.

Paint—Paint that is splashed over the window panes and defies any attempt to remove it by rubbing can be rubbed with the edge of a coin or other piece of metal.

Paint on Clothing—To remove dried paint from the clothing is very difficult, but when wet it should be rubbed immediately and vigorously and wiped with spirits of turpentine on a soft rag.

Painted Woodwork—(To clean) For the wainscoat and other painted woodwork that requires cleaning, there is nothing better than soft soap and Fullers earth with warm water and a flannel. Dry quickly with soft linen rag.

Palpitation of the Heart—The causes that excite palpitation are numerous, but the treatment falls under two heads. When due to inflammatory condition of the body, rest, quiet, low diet and attention to the digestive system is required; when due to anaemia, exercise, cold baths good food and Dr. Williams' Pink Pills cure.

Patent Leather Boots should be slightly warmed before the fire before wearing. This softens the leather and at the same time prevents its cracking. Before first wearing rub them with salad oil.

Perspiration in healthy people should not be checked, and it not to be thought a sign of weakness; it is positively essential to health and athletes spend much time and ingenuity in inducing copious sweats wearing for the purpose "sweaters."

AFTER SIX YEARS OF INDIGESTION.

Dr. Williams' Pink Pills Made a Permanent Cure.

There are many medicines that will relieve indigestion for a time—there are few that will make a permanent cure. But there is one medicine that is a sure cure—that medicine is Dr. Williams' Pink Pills. They have cured thousands of cases—many of them of years standing. Cases like that of Mr. John E. Seale of Montreal, Que., after many other medicines have been tried and proved worthless. Mr. Seale says:—"For nearly six years I suffered with indigestion. During all that time I was constantly taking medicine for the trouble, but never got more than temporary relief. Finally I decided to try Dr. Williams' Pink Pills and after using them for some time the trouble disappeared and I am now able to eat heartily without the least trace of the suffering I formerly endured. I can, from my own experience, strongly recommend Dr. Williams' Pink Pills as a permanent cure for indigestion."

Dr. Williams' Pink Pills for Pale People are good for every disease that good blood is good for, simply because they make good blood—that is why they cure rheumatism, heart palpitation, indigestion, neuralgia, St. Vitus dance and the ailments of girlhood and womanhood.

WEAK, TIRED GIRLS.

There is a time in the life of every girl when the strain upon her blood becomes too great; when she grows weak; has headaches and backaches; when dizziness seizes her and she becomes extremely miserable. That is the time of life she needs a tonic—a medicine that will not fail to enrich her blood and give her strength to withstand the changes through which she is passing. Such a tonic is Dr. Williams' Pink Pills for Pale People. They have raised thousands of growing girls out of the depths of misery and despair to a full enjoyment of good health and strength. Among those who have found good health through these Pills is Miss Suddard of Haldimand, Que., concerning whose case her mother writes as follows:—"Dr. Williams' Pink Pills have been of great benefit to my daughter who was weak and very miserable. She was pale, easily tired and was bothered with indigestion. The use of the Pills has brought back her health, and made her strong and active. I am very grateful for what this wonderful medicine has done for her."

Perspiration Stains may be removed from white wool or silk garments by sponging with warm water into which ammonia has been poured and then with clean water. Press before drying.

Piano Keys—To prevent these turning yellow give them plenty of light. Always leave the instrument open on fine days to whiten Ivories cover with paste made of the best whiting and water. Leave on four hours, wipe and dry carefully and repeat the process twice.

Pimples on the Face are best treated by internal remedies correcting the liver and stomach as the case may be. Dr. Williams' Pink Pills will banish pimples by improving the blood.

Pins are sometimes swallowed by children and the treatment should be to get the pin to pass through the intestines well enveloped by the other contents of the tube. For this purpose a large quantity of well boiled potatoes should be given and no other food until the pin is passed. No purgatives.

Plants in Sitting Room—Give them plenty of sun and air but keep out of draughts or they will not thrive. Sponge dust off leaves with water.

Poisons—The general and safe principle of action is to get rid of the poison by an emetic as soon as possible and send for a doctor. An emetic is made of mustard and warm water or salt and warm water; or put finger at the back of tongue and make patient sick.

Pollishing Stoves—A fine gloss is obtained by adding a teaspoonful of alum to the ordinary black lead.

Potato Peelings and cold water are excellent for cleaning glass decanters.

Powdered Alum often works like magic in case of nose bleed; a pinch of it should be snuffed; another remedy said to be of great utility is to simply raise ones arms above the head.

Prickly Heat—A person who has broken out with prickly heat will find relief by dusting the parts several times a day with Baby's Own Powder.

Putty—Putty that has become hardened can easily be removed from glass without damage by applying a hot iron. It will then be rendered quite soft.

Raisins—(To Stone Easily) Pour boiling water over them and drain at once. Open and remove pips. This is a quick and easy process.

Rats—If chloride of lime be spread where rats are known to frequent, it will be found a good preventative as rats have an extreme dislike to it.

PALE, LANGUID GIRLS.

Weak Blood During Development May Easily Cause a Life of Suffering.

At no time in her life does a girl stand in greater need of pure red blood, and the strength which it alone can give her, than when she is developing into womanhood. It is then that any inherited tendency to anaemia or consumption needs only the slightest encouragement to rapidly develop. This danger is especially threatening to girls who are confined long hours indoors, in stores, offices and factories—girls depressed by worry and cares. All these conditions quickly impoverish the blood and are among the most common causes of sickness among growing girls and young women. If at any time a girl finds that her strength is failing and she is becoming pale and nervous, has no ambition, and is languid, it is a certain sign that her blood is failing to meet the demands upon it, because it is impure and thin.

It is at a time like this that Dr. Williams' Pink Pills are invaluable to young women and growing girls. They build up the blood, make it rich, red and pure, tone the nerves and give new health and strength to every part of the body. They have cured so many cases of this kind that they may truly be called a specific for the common diseases of girlhood. Miss Minnie Smith, Creighton St., Halifax, says:—"I have proved that Dr. Williams' Pink Pills are all that is claimed for them in cases similar to mine. About three years ago I suddenly began to run down. I grew so weak that I could hardly attend to my school studies. I suffered from headaches, my heart would palpitate violently at the least exertion, and my appetite was very fickle. I tried doctors medicine and emulsions, but the treatment did not help me. Then I started taking Dr. Williams' Pink Pills and after taking seven or eight boxes I was stronger than ever before. I feel that I owe my present good health to Dr. Williams' Pink Pills, and I gratefully recommend them to other ailing girls."

Miss Erma U. D'Entremont, West Pubnico, N. S., says:—"I feel it my duty to let you know my experience with Dr. Williams' Pink Pills. I was weak and pale and was not strong enough to help with the housework. A friend advised me to try Dr. Williams' Pink Pills and I began using them. After taking three boxes I felt much better, and by the time I had taken nine boxes I was completely cured. I can now do a hard day's work without feeling a bit tired. I feel that I cannot praise Dr. Williams' Pink Pills too highly and advise other weak girls to try them."

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Rat Holes in a house are an almost certain sign that there is a defective drain somewhere close by and the same should be traced with the utmost care to its source.

Remove Fat From Soup—Pour the soup through a cloth that has been well soaked in cold water; all the fat will be found to remain in the cloth and the soup will be perfectly free from fat.

Removing Sticking Plaster—In removing strips of sticking plaster, draw the ends upwards towards the middle and in such a way as not to tear the edges of the wound apart.

Ribbons—(To Clean) Brush with ammonia and water on both sides, rinse in cold water and leave on table to dry. Do not iron but press slightly damp under a board.

Rickets—Keep child on back as much as possible; give steady course of Dr. Williams' Pink Pills, good nutritious food, fresh air, salt baths, steady friction to back; use no bandages or mechanical means whatever.

Ringworm—Spreads very quickly among children and should be dealt with at once. The best cure is to wash the head well with vinegar or with acetic acid and water and apply iodine to kill the parasite. Consult the doctor.

Rust on Steel—The steel should be well rubbed with sweet oil and left for four hours. Then fine powdered unslacked lime should be applied to the steel; polish well till the rust disappears.

Round Shoulders—To cure round shoulders sleep on a perfectly flat mattress without a pillow. This is a good habit to cultivate and with perseverance the round shoulders will be cured.

Salt—(Some Uses of) Salt and water will sometimes revive an unconscious person. Warm water and salt is an emetic; washed in salt and water the hair will be prevented from falling out; thrown on the stove salt will stop all disagreeable odors.

Saucepans should be scrubbed out with hot soda and water, the lids as well; if anything has been burned in the pans boil some soda and water in them and then rub the inside with sand.

ECZEMA CURED

THROUGH THE BLOOD.

By the Aid of Dr. Williams' Pink Pills
—That Wonderful Tonic Medicine.

Eczema or Salt Rheum is a disease of the skin which shows itself in small, red, watery blisters—These blisters break and leave a scale which may be rubbed off by the hand. The affected parts are intensely itchy and the victim cannot bear the touch of any article of clothing over the parts. The disease is caused by bad blood and must be cured through the blood. Dr. Williams' Pink Pills have cured many cases of eczema simply because they are the one medicine that acts wholly on the blood—the seat of the trouble. Among those cured by these Pills is Mrs. Chas. Davidson of Amherst, N.S., who says:—"I suffered greatly from Salt Rheum or Eczema and my hands were badly cracked. I tried several ointments but they did me no good whatever. I was advised to try Dr. Williams' Pink Pills and had only used them for a few weeks when the trouble disappeared and my hands were entirely healed. I am very grateful for what the Pills have done for me and would advise other sufferers from this trouble to try them."

What Dr. Williams' Pink Pills did for Mrs. Davidson they have done for many others—not only in cases of eczema and salt rheum but for eruptions and pimples, chronic erysipelas, scrofula and all other maladies which arise from poor blood. They banish these troubles simply because they clear the blood of all impurities and leave it rich, red and health-giving.

Misfortune for the Bloodless.

Misfortune for the bloodless—that should be printed in all public places. You must have blood to have strong lungs to enable you to withstand all the dust and microbes of summer and the piercing winds and cold of winter. Consumption is, properly speaking, lack of blood; the natural result of anaemia. To prevent consumption rich blood is necessary. The best way to protect the organs is to circulate this rich blood through the lungs. Many have been saved by Dr. Williams' Pink Pills, because these Pills are a remarkable blood builder; not indirectly but directly—with each dose. They have cured thousands of cases of anaemia; green sickness; general debility and all other troubles arising out of poor blood.

Salve—A good salve for burns, bruises, cuts and blisters is made by melting together an ounce of bees-wax and an ounce of sweet oil. Allow it to cool and then add an ounce of spirits of turpentine. Mix well.

Scald—(Slight) A scald may be slight as to occasion only a little pain and redness, and these effects speedily pass away. The application of oil or white of egg relieves the smarting. If much skin is scalded see the doctor.

Scorch Marks may be removed from linen by the following process; Squeeze the juice out of a couple of onions, cut up half an ounce of white soap, add two ounces of Fullers earth, mix, and add half a pint of vinegar. Boil, spread when cool over linen, let it stop on, wash out.

Screws—(To loosen when rusted into wood) Drop a small quantity of oil on to the screw top. Allow time for the oil to sink in and then the screw can be easily removed. A red hot poker held to the head of the screw is another remedy for the trouble.

Scrubbing Brushes when not in use should be turned bristles downward. They will last twice as long in this way as the moisture does not soak into the backs and loosen the bristles. Always shake dry continuing the shaking some time after the brush ceases to drip.

Scurf or Dandruff—Use a greasy hair lotion. A simple remedy is pure lard melted down and allowed to cool; rub this well into the scalp.

Shiny Coat can be renovated by sponging with equal parts of boiling water and ammonia. Brush well when dry.

Shivering Attacks—It is best not to disregard these as they may be fore-runners of something more serious. The patient should be given a dose of spirits of camphor in hot water and should be put to bed between blankets. Apply a hot water bottle.

Shocks—(Violent) In unconsciousness from shock loosen the clothing, raise the head, apply stimulants to the nose, smelling salts, burnt feathers, etc., and put hot water bottles to the feet. Send for the doctor.

Sick Room—Generally speaking it is a mistake to darken the sick room; let the sunshine come in to drive away the shadows and purify the air. To air the sickroom swing a door rapidly and quietly backwards and forward it will pump the bad air out of the room and draw in the fresh air from a window which is down at the top. Cover the patient to keep him out of the draught.

GOOD RICH BLOOD AND GOOD HEALTH.

Is the Result Obtained When Dr. Williams' Pink Pills are Used.

To have good health you must have good blood. It is only when the blood is bad that the health is poor. The blood is the life-giving fluid of the body—it is therefore an absolute necessity that it should be kept free from all impurities and poisons. To do this nothing can equal Dr. Williams' Pink Pills for Pale People. These Pills make new, rich blood with every dose; they drive out every impurity—every poison—and thus give good health. Concerning them Miss Bernadette Lapointe, of St. Jerome, Que., says:—"For several years my health was very bad—my system was completely run down. I had indigestion almost continually; my heart was weak; I had headaches and backaches and was sore all over. My blood was very poor and more than once I was in despair. I tried many supposed remedies but none of them helped me. One day a friend advised me to try Dr. Williams' Pink Pills, telling me that she had found them good in a case similar to mine. I followed her advice and began taking the Pills. They soon gave me some slight relief. Encouraged by this I continued their use for several months and they strengthened my whole system. I am to-day in excellent health and always keep Dr. Williams' Pink Pills in the house for if I feel a little out of sorts I take a box of Pills and am soon alright again."

Thousands of young girls throughout Canada suffer just as Miss Lapointe did. They are sickly all the time and are totally unable to take the enjoyment out of life that every healthy girl should. They need a tonic to build them up—to enable them to withstand the worries of household or business duties; to give them strength to enjoy social life. Such a tonic is Dr. Williams' Pink Pills for Pale People. These Pills give blood to bloodless girls; they strengthen the nerves; banish headaches and backaches; cure indigestion; rheumatism; heart palpitation and relieve the many ills of girlhood and womanhood.

Mrs. E. F. Steeves, Surry, N. B., says:—"About a year ago my daughter was troubled with a tired listless feeling. She seemed to have no energy, was very pale and had no appetite, and became very nervous and weak. We were much alarmed as nothing seemed to help her until we began giving her Dr. Williams' Pink Pills. Soon after this there was a marked improvement. Her color got better, she gained in weight and vigor, and her whole system seem to be built up anew. She is real well now and we join in praising Dr. Williams' Pink Pills."

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Silk—(To Iron) Silk should first be sprinkled with water and then rolled up tightly in a towel. After this it may be ironed, and the creases will readily be taken out of the silk. See that the iron is not too hot or it will hurt the colors.

Silver and Plated Articles will be kept bright if allowed to soak occasionally in strong borax water for four or five hours. The water in which spoons and forks are washed must be boiling hot when first used; this hint will save much trouble in cleaning. It is said that if camphor be put away with new silver that the silver will never tarnish as long as the camphor is there.

Skin Eruptions are generally to be traced to the stomach and liver acting sympathetically. The treatment may begin with a warm bath; a dose of magnesia and soda will correct any acidity of the stomach. The bowels should be relieved, after that give Dr. Williams' Pink Pills.

Sleep on your right side; you will not therefore interfere with the heart action or unduly compress the lungs. Food also leaves the stomach on the right side. If you sleep on the back you overheat the spine.

Sleeplessness—In the case of a feverish person who is unable to sleep well, sponge the body with aromatic vinegar and water and avoid late meals and mental activity just before retiring.

Smoking Lamp—Some lamps seem to smoke constitutionally and the following is worth remembering. Soak the wick in vinegar and dry thoroughly before using it. It will then burn clear and straight.

Sneezing may be averted by pressing the upper lip because by doing so a certain branch of the fifth nerve is deadened and sneezing does not take place when this nerve is paralyzed.

Soap—Odds and Ends of) Should not be thrown away but collected; finally the soap should be cut up into strips and melted up again adding a little milk if necessary and make into fresh cakes.

NERVOUS DISORDERS.

Promptly Cured by the Use of Dr. Williams' Pink Pills.

If your hand trembles or is unsteady remember that this is a sure and early sign of your nervous system being at fault. The mischief may develop slowly to a worse stage. You feel unaccountably weak and weary after exertion; you lose flesh; you turn against food and suffer palpitations and indigestion after eating. At times you are intensely irritable, greatly depressed and easily worried. Sometimes sharp pains shoot down your spine and legs and probably neuralgia robs you of your sleep at night. These are some of the troubles that indicate the presence of nervous disorders. If these troubles are neglected they result in a complete nervous collapse and possibly paralysis. Dr. Williams' Pink Pills have won a great reputation by curing all forms of nervous disease. The nervous system depends entirely upon the blood supply for nourishment; when the blood is thin and weak the nerves are affected as described. Dr. Williams' Pink Pills actually increase the supply of good red blood, feed, strengthen and tone the nerves, enable them to perform their functions and dispel all signs of a breakdown.

Mrs. Jas. H. Ward, Lord's Cove, N.B., says:—"About two years ago I suffered so much from nervous prostration that I was little better than a helpless wreck. I suffered from headaches and a constant feeling of dizziness. The least unusual move would startle me and set my heart palpitating violently. I had little or no appetite, and grew so weak that I was hardly able to drag myself about, and could not do my housework. In every way I was in a deplorable condition. As the medicine I had been taking seemed to do me no good, my husband got me a supply of Dr. Williams' Pink Pills. I had only been taking the Pills for a couple of weeks, when I seemed to feel somewhat better, and this encouraged me to continue the treatment. From that on my strength gradually but surely returned, and in the course of a few more weeks I was once more a well woman, able to do my housework, and feeling better than I had been for years. I have since remained well and I feel that I owe my good health to the healing powers of Dr. Williams' Pink Pills."

Every other weak, sickly, worn out, nervous person should follow the example of Mrs. Ward and give Dr. Williams' Pink Pills a fair trial. These Pills will send new blood coursing through the veins and bring brightness and energy to the weak and despondent.

Sore Throat—Mix the juice of one lemon with six teaspoonfuls of honey, and take one tablespoonful when throat is troublesome.

Specks Before the Eyes are often due to liver complaint but they may also appear in a patient who is run down through overwork or an anæmic subject. Rest, quiet and Dr. Williams' Pink Pills will be found curative.

Sprain—(Slight) When the sprain is very slight the treatment may be confined to cold water bathing of the part and the application of arnica.

Spray—A spray is a very useful instrument and takes the place of gargles in the treatment of sore throat. By the means of this simple instrument iced water and medicated substances are used and of course the spray can be accurately directed on any one spot.

Stains—Most stains will come out if put in a pan of boiling milk on the fire. Should this fail dab on some ammonia—not rubbed on. This applies to woollens cottons and silks.

Stale Bread will taste almost like new if dipped in water or milk for a moment and then baked.

Steam Bath—A very simple but at the same time effective bath to induce perspiration is made by placing a basin of boiling water underneath a cane bottom chair. The patient should then sit on the chair taking care to cover him from head to foot with blankets.

Stiffness following exercise is best dealt with by taking a hot or cold bath, some prefer one some the other, but the great thing is to rub down well afterwards with a rough towel and if possible some embrocation or spirits may be rubbed in.

Stove Smells—Sometimes something boils over or is spilled on the stove, with the result that the kitchen and not infrequently the whole house is filled with the bad odor; this may be counteracted by throwing a little salt on the stove.

Strains or Sprains are greatly benefitted by the outward application of vinegar and water in equal proportions as hot as can be borne. Bathe with this lotion and then apply with wet bandages.

St. Vitus Dance usually affects the young. Rest and change of air and scene form the principal treatment. The bowels should be kept open and the child must not be excited or frightened. Innumerable cases have been cured by the regular administration for a short period of Dr. Williams' Pink Pills for Pale People.

LINGERING WEAKNESS FOLLOWING DISEASE

Can Be Banished by the Wonderful Tonic Powers of Dr. Williams' Pink Pills.

How often it is that the victims of disease—fevers, measles, la grippe or any other contagious troubles are left weak and ailing, even after the disease itself has disappeared. They do not pick up strength as they ought; remain listless, tired and discouraged. The reason for this is that the blood has been impoverished by the ravage of the disease through which the victim has passed. Strength will not return until the blood is enriched. The blood can be enriched by no other medicine as quickly and as surely as by Dr. Williams' Pink Pills for Pale People—to enrich the blood and strengthen the nerves is the whole duty of these Pills—thousands have found them beneficial in bringing strength after disease had left them weak and run down. Among those who owe good health to these Pills is Miss Laura Hisco, New Ross, N.B., who says:—"Following an attack of measles I was left greatly run down and suffered from a bad cough. I was advised to use Dr. Williams' Pink Pills and procured half a dozen boxes. Before they were all gone I had regained my strength; my cough had disappeared and I was once more enjoying perfect health."

The experience of Miss Hisco is that of many others. Dr. Williams' Pink Pills make new, rich, red blood. This new blood strengthens the nerves and banishes such ailments as rheumatism, neuralgia, lumbago, dyspepsia, etc., and brings the glow of health to pale cheeks.

Mrs. S. C. Lenfesty, Grand Greve, Que., says:—"I have received great good from Dr. Williams' Pink Pills. I was pale, weak and much run down, and the pills have made me feel like a new person, and I warmly recommend them to others."

Mrs. E. Kyle, Cedar Camp, N.B., says:—"I was almost a physical wreck when I began using Dr. Williams' Pink Pills, and I suffered more than I can describe. I used the pills for several months and they have made me a well woman and now I recommend them to all who are ailing."

Mrs. Frank M. Vessey, Cherry Valley, P.E.I., says:—"I wish to testify to the great benefit derived from the use of Dr. Williams' Pink Pills. I suffered for ten years with an almost constant pain in the back. Two doctors failed to cure me, and after years of suffering I was induced to try Dr. Williams' Pink Pills. After using six boxes I was restored from a run down condition to robust health."

Sun. Mon. Tues. Wed. Thu. Fri. Sat.

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Swallowing a Fish Bone—When this causes choking press root of tongue down with finger so as to induce vomiting. If this fails try a mustard emetic; and failing this swallow a large piece of soft bread and potato.

Sweeping Carpets—Some old fashioned people believe in sweeping with a broom that is wet with salt and water. It is said that this makes the colors of the carpets bright and collects the surface dust.

Syringing the Ear—Never use cold water. A finger bowl should be employed to hold the warm water and to catch the current as it returns from the ear.

Tainted Fish—If there be any doubt as to whether fish is good or bad it should be thrown away. Stale fish is very poisonous especially fish that has no scales such as eels and shell fish.

Tea Stains—The most obstinate tea stains can be removed or washed out after equal parts of glycerine and yolk of egg have been applied and allowed to dry. Use clear cold water.

Teeth—(Care of the) The teeth should be cleaned night and morning and after each meal. But the spaces between the teeth must receive particular attention. For this purpose use a very fine tooth pick and brush the teeth with Baby's Own Powder.

Test Heat of Oven—Put a piece of white paper in the oven; if the oven is too hot the paper will blacken or blaze up; if it turns light brown the oven is fit for pastry; if light yellow the oven is ready for sponge cakes, etc.

Thunderstorms—If out of doors avoid trees, elevated positions or water. If the wash is followed instantly by a report better sit down; if within doors keep away from the windows or chimney.

Toothache—For relief, perhaps the best amateur treatment is an application to the cavity of decay of a little cotton saturated with oil of cloves or oil of peppermint.

A LACK OF BLOOD.

Is What Causes Headaches, Dizziness and Heart Palpitation.

On the blood depends the welfare of the whole body. Where good blood exists disease is unknown, but where the blood is poor and watery disease quickly seizes hold of the body—It is then headaches, backaches, dizziness, heart palpitation and other serious ailments make themselves felt. Good blood can always be obtained through the use of Dr. Williams' Pink Pills for Pale People. They actually make good, rich blood and thus restore lost strength and banish disease. Mr. Herbert Hanson, Brewers Mills, N. B., says:—"I cannot praise Dr. Williams' Pink Pills too highly. I was troubled with headaches, dizziness and loss of strength and had a hacking cough which I feared would lead to consumption. I tried a number of medicines without benefit, but was finally persuaded to try Dr. Williams' Pink Pills. I did so and used these Pills for several months with remarkable results. They helped me so much that I now strongly recommend them to all other sufferers."

The experience of Mr. Hanson is that of thousands of others who have found health and strength through Dr. Williams' Pink Pills after other medicines have failed. It is through their power in making good blood that these Pills cure such troubles as anaemia, indigestion, rheumatism, heart palpitation, neuragia, nervous troubles and the distressing ills of girlhood and womanhood.

Mr. Fred M. Dall, Upper Burlington, N. S., says:—"I have used Dr. Williams' Pink Pills for indigestion and have found them a most excellent medicine. I have also recommended them to friends who have also found great benefit from their use."

Mr. Chas. H. Hatfield, Yarmouth, N. S., says:—"I have suffered for some years with obstinate constipation and constant headache. I consulted at times four doctors, none of whom helped me, and I was so run down that I was unable to work. Then I got Dr. Williams' Pink Pills and used in all seven boxes, and to-day I am a well man and for this I give the pills all the credit."

Mr. John Finnamore, Marysville, N. B., says:—"I was laid up with rheumatic fever for a year, and for eight months of that time I could not go about. My blood had seemed to turn to water, and notwithstanding I was under a doctor's care I was not regaining my strength, and I decided to give Dr. Williams' Pink Pills a trial. I took altogether nine boxes and they simply worked wonders in bringing back my lost strength. I still take the pills occasionally as I am working in a saw mill where the work is pretty heavy."

Tinned Fruits, Etc.—When the tins are once opened the contents should be immediately poured out into a china dish. This precaution also applies to tinned fish, etc. When buying canned fruit or other tinned goods note whether the top of the tin is concave or convex. If it is convex (bulging) the contents of the tin are not good and should not be bought. To test for copper (poisonous dye) open the tin and then plunge in the contents a bright steel knife. It should remain there for a few moments when if copper be present even in the smallest degree it will be deposited on the blade. Such food should be thrown away.

Tourniquet — (To stop Bleeding and How to Make) Tie a tape loosely around the arm or limb above the wound. Put the end of a stick under the loose tape on the arm and twist the stick round and round when tight make fast to arm.

Tubs Shrinking—Everyone knows how liable tubs are to shrink and what an inconvenience this is. It is a good plan to paint them well with glycerine and it will be found that there will be no more trouble in this direction.

Umbrellas—When an umbrella is wet do not fold up but close it and let it stand handle down so that the wet can run off evenly instead of getting confined among the ribs at the ferrule end.

Varnish which shows white marks should be well rubbed with linseed oil and turpentine in equal parts and well shaken together in a bottle. Apply with cotton rag and polish with soft cloth.

Verdigris on Brass may be removed by rubbing with liquid ammonia.

Voice—A good and harmless remedy for strengthening and clearing the voice is to beat the white of an egg with the juice of a lemon and sweeten it well with sugar. Use as required.

Waking Up Unrefreshed—Very few people appear to wake up "like giants refreshed." Now one thing is essential to this end, the bedroom must be airy and clean, no dusty carpets or curtains and closed windows. Learn to sleep with the mouth closed.

Wall Paper—That has become stained with soot and dust, particularly behind pictures, may be cleaned with stale bread; grease spots on wall paper can be removed by laying over them coarse brown paper and then passing a hot iron over it.

Wash Plants attacked by blight with water in which enough coarse tobacco has been soaked to make it the color of weak tea. Water the roots also with a little of the liquid; it will destroy insects and promote growth.

ONLY ONE CURE FOR A BAD STOMACH

**Indigestion and Similar Troubles Must
Be Treated Through the Blood.**

Indigestion can be treated in many ways, but it can be cured in only one way—through the blood. Purgatives cannot cure indigestion. By main force they move the food on still undigested. That weakens the whole system, uses up the natural juices of the body and leaves the stomach and bowels parched and sore. It is a cause of indigestion—not a cure. Others try predigested foods and peptonized drugs. But drugs which digest the food for the stomach really weaken its power. The digestive organs can never do their work properly until they are strong enough to do it for themselves. Nothing can give the stomach that power but the new, rich, red blood so abundantly supplied by Dr. Williams' Pink Pills. So the reason for their success is plain. The health of the stomach depends upon the blood in its delicate veins. If that blood is weak and watery the gastric glands haven't the strength to secrete the juices which alone can digest the food. If the blood is loaded with impurities it cannot absorb the good from the food when it is digested. Nothing can stimulate the glands, and nothing can absorb the nourishment but pure, red blood. And nothing can give that pure, red blood but Dr. Williams' Pink Pills. Mrs. Alfred Gallant, Mill River, P. E. I., says:—"For several years, previous and up to, two years ago, I suffered continually from indigestion. I could not eat enough to keep my strength, and what little I did eat, no matter what kind of food, caused great pains, so that I became much reduced in flesh, strength and energy. I consulted several doctors and took medicine from them but without any benefit whatever. On the advice of a friend I began to take Dr. Williams' Pink Pills and soon good results were noticed. I could slightly increase the amount of food day after day, and suffered no inconvenience, until after taking ten boxes I could eat any kind of food and in a short time got back to my normal state of health. I have since enjoyed this excellent state of health and feel that Dr. Williams' Pink Pills have surely cured me of a most stubborn case of indigestion."

Mrs. W. Larsen, Albert, N. B., says:—"A few years ago my system was completely run down. Then rheumatism set in and for three months I could not do my own work and was all but helpless. I took much medicine but got nothing to benefit me until I began to use Dr. Williams' Pink Pills. Altogether I took twelve boxes and have since enjoyed the best of health."

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Wasp—(Sting of) As soon as stung get the blue bag and rub it well into the wound at once. The application of ammonia will relieve the pain, or an onion cut in half and rubbed in will serve as well.

Water—Any change in the color or taste or smell of water should be carefully noted and pending further investigations the water should be boiled and filtered before being used for drinking purposes.

Weights and Measures—Ten ordinary eggs weigh about a pound. Butter about the size of an egg equals an ounce. A quart of sifted flour averages about a pound. A pint of chopped meat equals a pound.

Whiten the Nails—The finger nails can be whitened by rubbing them every night with a piece of freshly cut lemon.

A BOOK FOR MOTHERS.

Every mother is naturally anxious for information that will enable her to keep little ones in good health. The Dr. Williams' Medicine Co., have issued a little book which contains a great deal of information on the care of infants and young children that every mother ought to know. The book will be sent to free to any mother who will send her name and address to The Dr. Williams' Medicine Co., Brockville, Ont.

Those who have charge of babies cannot be too particular about the airing of clothes. And it is not only the clean clothes that must be aired, but whatever is taken off a child at night with the intention of putting it on again in the morning. All these things must be dried from the moisture produced by perspiration during the day, and, after being hung near the fire, they should be hung one over the other on a hook where the air can get at them, not folded up and laid in a dense little packet.

THE DOCTOR SAID HE COULD NOT LIVE

An Almost Fatal Illness Following an Attack of La Grippe.

The danger from grip is seldom over when the characteristic symptoms, the fever, the headache, and the depression of spirits, pass away. Grip leaves behind it weakened vital powers, thin, watery blood, impaired digestion and over-sensitive nerves—a condition that makes the system an easy prey to pneumonia, bronchitis, rheumatism, nervous prostration and even consumption. Too much stress cannot be laid on the importance of strengthening the blood and nerves during convalescence, and for this purpose no other medicine can equal Dr. Williams' Pink Pills which contain the elements necessary to enrich the blood and restore weakened nerves. Mr. Jas. L. Whitman, Mulgrave, N.S., says:—"Following a severe attack of La Grippe, I was completely prostrated. The doctor who attended me said that my whole system had gone wrong. My heart was affected, my kidneys weakened, digestion impaired, and to make the trouble worse I had a hemorrhage of the bowels, and nearly bled to death. The doctor said I could not live, and told my wife to tell me that I had better settle up my worldly affairs. I did not care to live my sufferings were so intense. I could not sleep, my ankles and feet were swollen, and my complexion very yellow. Friends came to see me for the last time, and one of these more hopeful than the others, persuaded me to try Dr. Williams' Pink Pills. While I had but little faith that they would help me I decided to try them. Quite soon they seemed to benefit me for my appetite improved and my heart became stronger. Continuing the use of the Pills it was not long before I was able to be out of bed, and after using fifteen boxes I am in good health for a man of my age. The doctor and those who knew of my case look upon me as a living wonder, as none of them expected me to get better."

Mrs. James Ennis, Warminster, Ont., says:—"I have used Dr. Williams' Pink Pills and have found them a splendid medicine to build up a woman and maintain her strength while nursing. I can recommend the pills to all women for this purpose."

Mrs. Alex. Brown, Avery's Portage, N.B., says:—"I was much run down, full of pains, nervous and could not sleep. I got a supply of Dr. Williams' Pink Pills and they have really done wonders for me. I can now do as good a day's work as many a younger woman; the pains are all gone; my nerves steady and I sleep like a child. I believe your pills are the best medicine in the world for ailing people."

Healthy Children.

Every mother is naturally anxious that her children shall be healthy and happy. The little one who is always plump, always has a good appetite, always has a clear eye and a rosy cheek, and is always active and playful, is the choicest treasure this life affords.

It is the healthy child that plays contentedly ; when baby "gets mad" at his bottle ; when the toddler is discontented with his toys ; when the boy or girl from six to ten years old will not do lessons cheerfully, it is, nine times out of ten, the digestive organs that are to blame. At the slightest sign of illness or discontent, give the little one **Baby's Own Tablets**, and you will find them an infallible sweetener of temper, healer of sickness, strengthener of digestion and warder-off of serious ills.

These Tablets are absolutely harmless ; there is no opiate, narcotic or poisonous soothing stuff in this medicine. The Tablets can be given with a certainty of beneficial results to the youngest and most delicate child.

The first effect of the Tablets that is usually noted is a gentle movement of the bowels, due to their cleansing power. When this happens it is the best possible proof that **Baby's Own Tablets** were needed, and are doing their work. But this is not all their work—far from it. The next thing is that they sweeten the breath, cool the feverishness, if any, stop the snuffling and wheezing, if the child has caught cold, relieve the pain and griping if it has indigestion or summer complaint, cure colic, allay the irritation accompanying the cutting of teeth, destroy worms, prevent croup, and in a natural way promote health-giving sleep and repose.

Complete, carefully prepared directions will be found with every box of the Tablets. Mothers should carefully read these.

We would ask every mother to read the testimonials in this little book. They are taken from among thousands of letters we are constantly receiving, and they give the strongest proof that **Baby's Own Tablets** are superior to all other medicines in relieving and curing the ills of little ones.

Baby's Own Tablets are sold by all dealers in medicine, or will be sent by mail postpaid at 25 cents a box by writing direct to

THE DR. WILLIAMS' MEDICINE COMPANY
BROCKVILLE, ONT.

How to Know and Cure Them.

Every mother should be able to recognize the symptoms of the little ailments that inevitably attack all little ones. Not only should she be able to recognize these troubles, but she ought to be in a position to promptly treat and cure them. To this end a box of Baby's Own Tablets should always be kept in every home where there are young children. The ills of childhood come swiftly, and too often, before a doctor can be called in, or a medicine obtained, the little one is beyond aid. The prudent mother will therefore always safeguard her little one by keeping Baby's Own Tablets in the home and administering them promptly at the first symptom of illness. And the mother can give this medicine with a feeling of perfect safety and security. We solemnly guarantee that it contains no opiate, narcotic, nor any of the poisonous stuffs found in soothing medicines, teething powders and drops. This medicine always does good—it can never do harm. It is equally good for the new born baby or the well grown child.

In order that mothers—especially young mothers—may recognize the symptoms of the most common ailments of childhood we give them below in detail:

Indigestion—This is probably one of the commonest ailments of childhood. It is due usually to overfeeding or nurse that does not agree with the child, and may lead to serious results if not promptly cured. The symptoms of this trouble are loss of appetite, peevishness, wind, vomiting, furred tongue, bad breath, hiccup, disturbed sleep, waking with a scream. There is no other medicine will cure as promptly as Baby's Own Tablets.

Colic—This is another derangement of the stomach which causes little ones much suffering. The trouble manifests itself by griping pains in the stomach, often accompanied with nausea and vomiting. The pulse is quick; the tongue coated; the skin harsh and dry; chills, followed by feverish symptoms. Baby's Own Tablets are a certain cure.

Constipation—This is a very common ailment of childhood, and no child suffering from it thrives well. The symptoms are headache; fever; swollen belly; disturbed sleep; vomiting; inability to stool. Care should be taken in feeding and Baby's Own Tablets given to remove the trouble. No other medicine acts so promptly, thoroughly and surely.

Diarrhoea—This is a dangerous trouble and is nearly always caused by improper feeding, sour milk or imperfectly cleaned nursing bottles. Foul air, bad water and overheating tend to make the trouble

USE BABY'S OWN TABLETS ONLY

Mrs. Wm. Bell, Falkland, B. C., says:—"I have five little ones ranging from one to eleven years of age, and when any of them are ailing I always give them Baby's Own Tablets which always bring prompt relief. I do not think there is anything you can keep in the home as good as Baby's Own Tablets." Thousands of other mothers speak just as warmly of this medicine, which never fails to cure all stomach, bowel and teething troubles. Guaranteed by a government analyst to be perfectly safe.

Mrs. Nial, Berlin, Ont., writes:—"I have always used Baby's Own Tablets and find them an excellent remedy for little ones."

Mr. C. Garrison, Monetville, Ont., writes:—"I have found Baby's Own Tablets very beneficial during the teething period and have also found that if given regularly they will prevent convulsions. My little boy suffered for four months with fits. I began giving him the Tablets regularly and now he shows no signs of the fits at all. I feel that I could not get along without them."

Mrs. Geo. A. Windover, Rockcroft, Ont., writes:—"I would not be without Baby's Own Tablets. My baby was small and delicate and never grew till I began giving her the Tablets. She is nine months old now and thanks to the Tablets is well, fat and rosy. I will certainly recommend them whenever I get the opportunity."

Mrs. D. Devlin, St. Sylvester East, Que., writes:—"I think that Baby's Own Tablets are the very best medicine for little ones for stomach and bowel troubles."

Mrs. E. Merriam, Shetland, Ont., writes:—"I use Baby's Own Tablets for my three little ones and consider them the very best medicine during the teething period. I am also using Baby's Own Powder and do not know of another powder to equal it."

Mrs. R. E. Sanford, Inverary, Ont., writes:—"My baby was sickly for over a week with bowel and stomach trouble and cried night and day. Nothing I did helped her in the least till I began giving her Baby's Own Tablets. They helped baby right away and now she is a big healthy child with fine rosy cheeks. The Tablets are certainly a wonderful medicine and I recommend them to all my friends who have children in the house."

Mrs. Francis McMullen, St. Octave, Que., writes:—"I have used Baby's Own Tablets for my baby who was constipated for four or five days at a time. I found the Tablets to be of great benefit and would recommend them to other mothers."

Mrs. Benoit Martin, Avignon, Que., writes:—"Baby's Own Tablets are an excellent remedy for babies and should be in every home."

more obstinate. Feed sparingly, give plenty of cold water to drink, and administer Baby's Own Tablets to remove the poisonous secretions from the bowels. Never administer a medicine to check the trouble except under the instructions of a doctor.

Vomiting—In this trouble the milk is ejected curdled immediately after nursing; caused either by overfeeding or too frequent feeding. The feeding should be regulated and Baby's Own Tablets given to strengthen the stomach and aid digestion.

Worms—This trouble may be recognized by itching and irritation of the bowel opening; irregular appetite; bad breath; picking at the nose, disturbed sleep; pain and swelling at the abdomen; grinding of the teeth in sleep; convulsions. Baby's Own Tablets given for a few days invariably destroy worms.

Teething Troubles—These are always a source of great anxiety to mothers. The symptoms are restlessness; nervousness; starting, as from fright; hot, swollen, tender gums; crossness; sleeplessness; in some cases constipation; in others diarrhoea; spasms; colic; often convulsions. Baby's Own Tablets will give prompt relief.

Sore Mouth—This trouble is generally caused by impure food, and children brought up on the bottle are more frequently troubled with it than children nursed at the breast. The bottle should be thoroughly washed in scalding water after each feeding. This trouble makes itself manifest by heat; redness and dryness of the mouth; swelling of the palate, tongue and gums; bad breath; ulceration or numerous little white spots. Baby's Own Tablets will promptly relieve and cure in a day or two.

Simple Fever—This trouble comes sometimes with chills, sometimes with flushes, followed by a hot, dry skin; thirst; quick breathing; pain in the loins, head and bowels; loss of appetite. Treat promptly with Baby's Own Tablets.

Colds—Cold in the head generally begins with slight chills; sneezing; pain or weight in the head; redness of the eyes; nose sometimes clogged, sometimes running. This goes on to sore throat, hoarseness, cough, fever, and often croup. At first symptoms give Baby's Own Tablets.

Cholera Infantum—This is one of the fatal ailments of infancy. It occurs most commonly during the first two years of a child's life, and is due nearly always to improper feeding. The symptoms are vomiting, either accompanied by or followed by profuse diarrhoea, followed by watery discharges, intense thirst and collapse. Do not lose any time calling in a physician, but if a doctor can-

BABY'S GREAT DANGER DURING HOT WEATHER.

More children die during the hot weather than at any other time of the year. Diarrhoea, dysentery, cholera infantum, and stomach troubles come without warning, and when a medicine is not at hand to give prompt relief, the delay may prove fatal to the child. Baby's Own Tablets should be kept in every home where there are children during the hot weather months. An occasional dose of the Tablets will prevent deadly summer complaints, or cure them if they come unexpectedly. Mrs. O. Moreau, St. Tite, Que., says: "My baby suffered from a severe attack of cholera infantum, but after giving him Baby's Own Tablets the trouble disappeared, and he regained health splendidly."

Every mother is anxious that her little ones shall be healthy, good natured and bright. Every mother can keep her children in this condition if she will give them an occasional dose of Baby's Own Tablets. These Tablets cure all stomach and bowel troubles, destroy worms, and make teething easy. Mrs. T. Covert Massie, Toronto, Ont., says:—"I have used Baby's Own Tablets for my little boy since he was three months old, and find that they agree with him splendidly."

Mrs. Alphonse Arseneault, St. Alexis, Que., writes:—"Baby's Own Tablets have been of great benefit to my baby in a case of colic and we consider them an excellent medicine for babies."

Mrs. Gideon Pare, Ste. Pierre de Broughton, Que., writes:—"My baby was constipated but Baby's Own Tablets soon cured him and inside of a month he gained five pounds in weight."

Mrs. Chas. Dubois, St. Paul de Chester, Que., writes:—"I always recommend Baby's Own Tablets to my friends for when my baby was constipated I gave him the Tablets and they soon cured him."

Mrs. J. E. Z. Marchand, Ste. Anne de la Perade, Que., writes:—"I find Baby's Own Tablets indispensable. As soon as I find one of my children not feeling well I administer the Tablets and I am never disappointed in the result. I would not be without them and am enclosing fifty cents for two more boxes."

Mrs. Thos. Hodgson, Riviere du Loup Station, Que., writes:—"I always keep Baby's Own Tablets in the house and have given them to my two little ones with the best results. I always recommend them to my friends as they are a grand remedy."

Mrs. Pierre M. Cormier, New Richmond Centre, Que., writes:—"Baby's Own Tablets have been of great benefit to my little one and now he sleeps well and eats well."

not be had quickly, administer Baby's Own Tablets. This trouble occurs most frequently during the hot weather months and as it is known that it comes from stomach derangements, mothers can guard against it by giving their little ones occasional doses of Baby's Own Tablets, which speedily clear away all offending matter.

All the above troubles can be cured by the timely use of Baby's Own Tablets. Better still, these troubles can be prevented and little ones kept healthy by giving them an occasional dose of the Tablets.

CONTAGIOUS DISEASES.

Baby's Own Tablets are not recommended as a cure for contagious diseases, which should always be attended by a physician, no matter how slight. The following information will enable mothers to recognize contagious diseases:

Measles—Symptoms show from eight to fourteen days after exposure, beginning with cold in the head, running eyes, cough, and on the fourth day the characteristic eruption, first seen on the face. The disease lasts from three to seven days, and is contagious from two to three weeks.

Chicken Pox—Symptoms show from one to two weeks after exposure. It begins with a slight fever and eruption on the face. The disease lasts from three to seven days, and is contagious from two to three weeks.

Scarlet Fever—Symptoms begin from one to eight days after exposure, with sore throat, lassitude, vomiting and high fever. The eruption shows on the first or second day. The characteristic symptom is the red color of the body. The disease continues seven or eight days, and is contagious during the "peeling" period.

Whooping Cough—Symptoms begin to show from two to seven days after exposure, but the characteristic cough is not generally heard until the second week. The duration of the disease is from six to eight weeks, and it may be caught as long as the "whoop" lasts.

Diphtheria—Usually begins with sore throat, weakness and fever, from two to ten days after exposure. It is characterized by the white membrane in the throat. The duration of the disease is from one to three weeks, and it may be catching from three to four weeks.

Mumps—The swelling below the ear, under the jaw, shows from one to three weeks after exposure. Chewing causes pain, and there is an inability to swallow sour things. The mumps last about a week, and they are contagious from three to four weeks.

BABY'S OWN TABLETS CURE ALL MINOR TROUBLES

The stomach, the bowels, or cutting teeth is responsible for most of the ills and suffering that afflict babyhood. Baby's Own Tablets will keep your child well because it is the best medicine in the world for these troubles, and at the same time it is the safest. The mother has the guarantee of a government analyst that this medicine contains no opiate or poisonous "soothing" stuff. Mrs. Jos. Bernard, St. Emile, Que., says:—"Baby's Own Tablets are really a marvellous medicine. My baby was thin, peevish and sickly until I began giving him this medicine. Since then he has thrived and grown splendidly."

Mrs. Chas. Whatley, Peterboro, Ont., writes:—"I have used Baby's Own Tablets for my little girl and have found them to be of great value. Others to whom I have recommended the Tablets say that they would not be without them."

Mrs. Albert Rivard, Jewellville, Ont., writes:—"I have used Baby's Own Tablets for several months for my baby and believe them to be superior to all other remedies for little ones. My first baby suffered greatly from indigestion and my siste. strongly advised me to try the Tablets. I had little faith in them though and as baby was being treated by our local doctor I refused to give them a trial. The consequence was baby died. I now have a baby eight months old and he had indigestion when he was two months old, every bit as bad as my other baby. I began giving him the Tablets and they have done him an immense amount of good. I am enclosing fifty cents for two more boxes as I would not be without them."

Mrs. Wm. Sinclair, Bonaventure River, Que., writes:—"I can highly recommend Baby's Own Tablets as they have done my baby much good."

Mrs. Nicholas Breau, Rogersville, N.B., writes:—"I can highly recommend Baby's Own Tablets to all mothers whose little ones are constipated. I gave my little girl the Tablets and they regulated her bowels and now she sleeps well, eats well, is fat and good all the time. I am really delighted with the Tablets and I always keep them in the house and as soon as my little girl becomes troubled or feverish I give her the Tablets and she is soon well again. Please send me another box for they are the very best medicine I know of for little ones."

Mrs. Richard Mulloy, Lavigan, Sask., writes:—"Baby's Own Tablets should be in every home where there are small children. We gave them to our baby when he was teething and they kept him good natured and healthy."

HINTS ON THE CARE OF CHILDREN.

A child requires pure, warm air. The temperature of the nursery should be maintained at from 67 to 70 degrees Fahrenheit. A child thrives best in a room heated by a wood fire in cold weather.

Great care should be taken not to expose children to draughts.

A well child should be bathed daily with lukewarm water. Never use cheap, common or colored soap. White castile soap can be safely used. If a powder is required mothers should use Baby's Own Powder—the most pure and thoroughly sterilized powder known.

Never give a child a dose of Castor Oil; it is a great irritant to the bowels and often subjects the little one to griping and colic. When a medicine is required give Baby's Own Tablets according to directions.

Never give a child soothing medicines or teething powders or drops. These always contain poisonous opiates. Never give a child an opiate except on the advice of a doctor who has seen the child.

If a feeding bottle is necessary do not use one with a long rubber tube. The bottle and nipple should be carefully cleaned with scalding water after each feeding.

Do not give a child heavy food until after it has cut its second teeth. Most of the ills of infancy are caused by injudicious feeding.

Give an infant a teaspoonful of water three or four times a day. Often a crying child may be quieted by giving it a spoonful of water.

It is not desirable to lay a baby on its back when sleep is wished for. Either one side or the other is best, and, if possible, it is well to accustom it first to one side and then to the other, as this obviates falling into the habit of being able to sleep only on one side. But a child who is wide awake and of a happy disposition, so that it lies cooing to itself and watching the mysteries of its own ten fingers is all the better for being laid on its back, as the spine is thereby kept straight and unstrained, and growth goes on apace.

Nursing mothers should take Dr. Williams' Pink Pills, which enrich the blood and improve the quality of their nurse. Many infants die every year from taking nurse from weak mothers whose blood is impoverished and out of order. The mother who protects her own health does much to protect the health of her child.

WARNING TO MOTHERS.

We find it necessary to caution mothers against imitations of this medicine which some dealers offer. When you ask for the Tablets see that the full name "Baby's Own Tablets" and the four-leaved clover with child's head on each leaf, is found on the wrapper around the box. Remember there is no other medicine intended for children which gives the guarantee of a Government analyst not to contain any opiate or harmful drug. If you value your child's health and life give it Baby's Own Tablets when ill, and under no circumstances take any other medicine which a dealer may say is "just as good." If you cannot get the genuine Tablets from your dealer they will be sent you by mail at 25 cents a box by writing.

THE DR. WILLIAMS' MEDICINE CO.

Brockville, Ont.

Mrs. J. LaRoque, Riverside, Sask., writes:—"I can heartily recommend Baby's Own Tablets for all the troubles from which babies suffer. My baby boy was very much troubled with his bowels when he was a month old and I thought I would lose him. I began giving him the Tablets and now at age of five months he weighs twenty pounds. He is a fine healthy child thanks to the Tablets. I would not be without them if they cost twice as much."

Mr. W. E. Skinner, Windermere, Ont., writes:—"I am the father of seven children all of whom have suffered more or less from wind colic and we have passed many restless nights with them. We have tried several different remedies but nothing proved successful till a friend advised Baby's Own Tablets. Now after having once used the Tablets we would not be without them and whenever any of our little ones are cross or feverish we give them the Tablets and they are soon all right again. Both Mrs. Skinner and myself feel that we could not possibly get along without having the Tablets in the house."

Mrs. John Robertson, Streetsville, Ont., writes:—"I have used Baby's Own Tablets for constipation with the very best results. They are indeed a valuable medicine for little ones."

Mrs. Mathias McCormick, West St. Peters, P. E. I., writes:—"We have used Baby's Own Tablets with good results. They are certainly a blessing for mothers that have cross sickly babies. They sweeten their stomach; give them refreshing sleep and make them fat and healthy."

NASAL BALM

A Positive Cure for Catarrh and Cold in the Head.

Is Easy to use, Pleasant and Agreeable, and Never Fails.

As an almost instant relief for cold in the head, and a positive cure for Catarrh, no other remedy can take the place of Nasal Balm. It is speedy in its effect, soothing, cleansing and healing, and at the first symptoms of cold in the head—always a forerunner of Nasal Catarrh—Nasal Balm should be at once applied, and all traces of this disagreeable malady will soon pass away. Where Catarrh has become seated, there is great danger that it will develop into consumption, and treatment should be persisted in until all the symptoms have passed away. Among the evils which attend Catarrh are constant hawking and spitting, loss of senses of taste and smell, partial and sometimes entire deafness, dizziness, dull, heavy headache, and offensive breath. A faithful use of Nasal Balm, according to directions, will soon effect a thorough cure.

Sold by all dealers, or sent post-paid, at 50 cents a bottle, by addressing

Dr. Williams Medicine Co.'y, Brockville, Ont.

Baby's Own Powder

REGISTERED

FOR THE NURSERY AND ALL TOILET PURPOSES.

A Perfectly Pure, Antiseptic and Refreshing Skin Powder.

Baby's Own Powder is prepared in the most scientific manner. It restores and beautifies the complexion, cools and softens the skin, and prevents chapping.

Baby's Own Powder soothes and allays all heat, chafing, irritation, eczema and every other form of skin disturbance. Dusted upon the backs of bed-ridden persons, it prevents bed sores. Chafing, either in infants or adults, is impossible when Baby's Own Powder is used.

Through its cooling properties, Baby's Own Powder gives immediate relief when applied to persons suffering from prickly heat, scarlatina, measles, chicken pox, etc. It prevents offensive sweating of the feet, arm-pits and other parts of the body, and removes offensive odors. For tender, sweaty feet it gives great relief, and may be dusted into the hosiery. After shaving it is unexcelled. For tan, sunburn, bites of insects, it is cooling and curative.

It cleanses the teeth, sweetens the breath and prevents decay. There is no toilet purpose for which a powder can be used in which Baby's Own Powder will not be found superior to all others.

Baby's Own Powder may be had from druggists, or by mail, on receipt of price (25 cents per box) by writing.

The Dr. Williams Med. Co., Brockville, Ont.

Hanson's Magic Corn Salve

A Certain, Safe and Painless Remedy for the Removal of Corns.



THE DIRECTIONS SAY:

"The Salve is to be applied just before retiring.

Mr. Esdrase Lafrise, Stenson, Que., says: "I have to thank you for the great benefit obtained from your Hanson's Magic Corn Salve. I was very badly troubled with corns, but after using the salve according to directions the corns have disappeared."

Mr. Wm. Thomson, boot and shoe dealer, Thessalon, Ont., says: "I have sold Hanson's Magic Corn Salve for about twenty years, and I know from what my customers tell me there is nothing to equal it for promptly removing corns."

Miss Rose Belisle, St. Norbet, Man., says: "Hanson's Magic Corn Salve relieved me of a very painful and troublesome corn, and I can recommend it above all other remedies."

Mr. Lester Fadden, Sutton Flats, Que., says: "I have found Hanson's Magic Corn Salve the only reliable corn cure I have used. It relieved me of some troublesome corns after other remedies had failed."

Alexcie Gadbury, Bayonne, Que., says: "It gives me great pleasure to proclaim the efficacy of Hanson's Magic Corn Salve. After having suffered with corns for five years, and having tried several remedies without permanent relief, I was advised to try Hanson's Magic Corn Salve. I did so and the corns promptly disappeared. The salve is easy to apply, does not burn, and removes a corn in a few days at most."

Mrs. C. Sincenne, Masham Mills, Que., says: "It gives me great pleasure to write you in praise of Hanson's Magic Corn Salve. This remedy completely cured me of some troublesome corns, and I have nothing but good words to say for it. I can strongly recommend this salve to all who suffer from corns, as a painless and prompt remedy."

Sold Everywhere at 15 cents a box, or sent prepaid by addressing
Dr. Williams Med. Company, Brockville, Ont.



AND THAT

"On arising, if foot be soaked in warm water, the corn may easily be removed."

Montreal Testing Laboratory.

MILTON L. HERSEY, M. Sc.

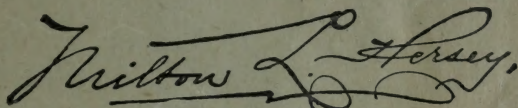
Demonstrator in Chemistry,
McGill University,

ANALYTICAL CHEMIST

171 St. James Street,
Montreal.

A GUARANTEE.

I hereby certify that I have made a careful analysis of Baby's Own Tablets which I personally purchased in a drug store in Montreal, and the said analysis has failed to detect the presence of any opiate or narcotic in them.

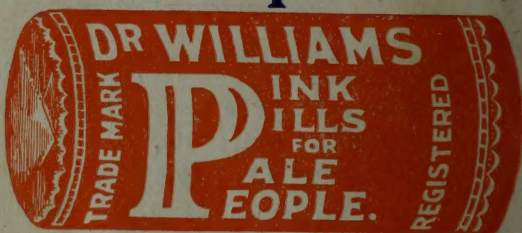


M. Sc. (McGill)

Provincial Analyst for Quebec.

Baby's Own Tablets is the only medicine which gives the guarantee of a Government Analyst that it contains no opium, morphine or other narcotic. Every mother should appreciate this as it means she can give this medicine to the youngest child, with absolute safety.

THIS IS AN EXACT REPRESENTATION OF THE
GENUINE PACKAGE



THESE PILLS MAKE
WEAK
PEOPLE
STRONG.

BUT YOU MUST GET
THE GENUINE.

SUBSTITUTES
NEVER CURED
ANYONE

RECOMMENDED
BY THE
LIBERAL MINDED DOCTOR
AND TRAINED NURSE.

Sold by all Dealers
At 50 CENTS A BOX
SIX BOXES FOR \$2.50